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A GUIDE TO THIS FALL'S PRINTS, SHAPES AND TRENDS
STYLE
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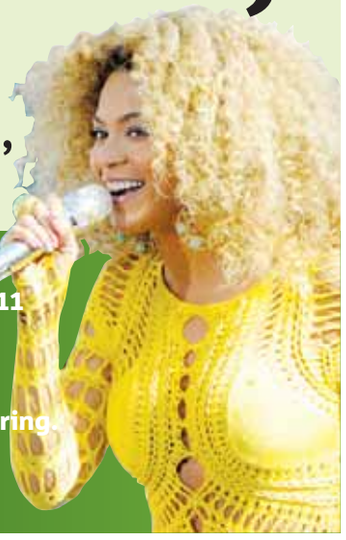
MOVES LIKE MJ
JAY-Z THINKS BEYONCÉ'S THE 'SECOND COMING'
{page 21}

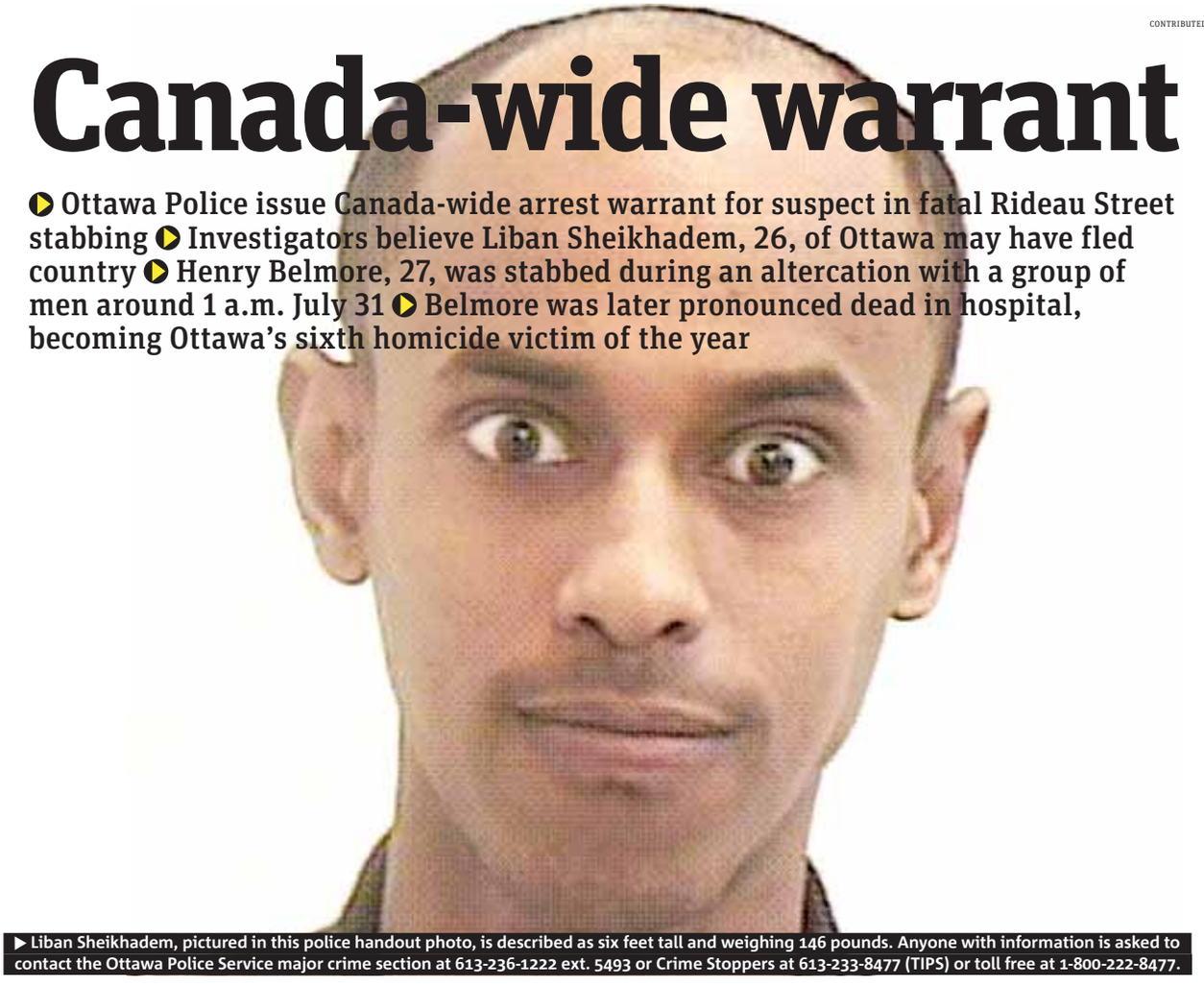


OTTAWA metro®
Thursday, August 18, 2011
www.metronews.ca
News worth sharing.

CONTRIBUTED

Canada-wide warrant

Ottawa Police issue Canada-wide arrest warrant for suspect in fatal Rideau Street stabbing Investigators believe Liban Sheikhadem, 26, of Ottawa may have fled country Henry Belmore, 27, was stabbed during an altercation with a group of men around 1 a.m. July 31 Belmore was later pronounced dead in hospital, becoming Ottawa's sixth homicide victim of the year



▶ Liban Sheikhadem, pictured in this police handout photo, is described as six feet tall and weighing 146 pounds. Anyone with information is asked to contact the Ottawa Police Service major crime section at 613-236-1222 ext. 5493 or Crime Stoppers at 613-233-8477 (TIPS) or toll free at 1-800-222-8477.

Local

Shootout at strip club

Three men in police custody, two at large
Officer responding fired at fleeing suspect
{page 3}

Capital pride

Ottawa Pride celebrates its 26th anniversary
{pages 27-32}

Fuming over labels

Tobacco companies want to put a stop to graphic images on cigarette labels
{page 14}

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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

Lansdowne legal fight not over

The Friends of Lansdowne will appeal Justice Charles Hackland's ruling quashing their court challenge of the Lansdowne redevelopment project.

The citizens' coalition said it will argue Hackland was too lenient on the city in regards to competitive-procurement laws, the use of tax dollars to assist commercial entities and the need to put the public interest first.

A formal notice will be filed by Aug. 28 with the Ontario Court of Appeal.

"We have had an overwhelming call from our supporters to continue our fight for transparent and accountable government at the municipal level," June Creelman, president of Friends of Lansdowne, said in a statement.

The announcement comes before today's finance and economic development committee meeting, which could OK a revised project schedule and spending plan.

About six members of the Friends are set to attend the meeting to present concerns with the project's waterfall payments, transparency and estimated cost.

"We calculate … the total all-in cost to the city is going to be almost $400 million," said Ian Lee, a Friends spokesperson.

JOE LOFARO

CONTRIBUTED

▶ Ian Lee

Shootout at Gatineau strip club

- Three men in police custody
- Two suspects fled in a red SUV

AMEN JAFRI
OTTAWA@METRONEWS.CA

A Gatineau police officer responding to a shooting at a strip club fired his own gun at a fleeing suspect after nearly being run down by the man's car early yesterday morning.

Gatineau police were parked near Cabaret Taboo when they heard gunfire from inside the Greber Boulevard club around 3:30 a.m., said Sûreté du Québec Sgt. Christine Coulombe. Police say a man inside the strip club was shot and was transported to hospital in critical condition.

As the suspects fled the scene, "they got in the car and tried to hit the police officer," Coulombe said.

This prompted the officer to shoot. Further details about the incident are under investigation by Sûreté du Quebec, she said.

Coulombe said it is uncertain whether the man whom police fired at suffered any injuries.

This is not the first time there have been overnight shootings near Cabaret Taboo. In 2008, a man drove up, got out of his car and shot a 25-year-old Ottawa man in the leg.

The accused

- Three men arrested in the incident appeared in court in Gatineau yesterday, each charged with attempted murder.
- Charged are: Shakib Egeh, 26, David Munkonda, 27, and Awad Abdalle Hussein, 27.
- All three were detained in custody. They will appear in court again Aug. 23.

MIKE CARROCCETTO/FOR METRO

▶ A Gatineau police officer talks with a witness outside the Cabaret Taboo strip club.

1 news

For more local news, scan code.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

How much video-blog-worthy material can one gather at the Vancouver airport? A contest winner is banking on 80 days' worth. Video at metronews.ca

CRIME

Police seek help in fatal hit-and-run

A young man is dead after a hit-and-run on Bronson Avenue in Ottawa at around 3 a.m.

Police are looking for the driver of a black Nissan sedan they say did not stop following the collision. Police say the car was last seen heading southbound on Bronson.

Investigators say the vehicle likely has damage to the front end on the passenger side.

Anyone with information is asked to contact the police traffic collision investigation section at 613-236-1222 ext. 2481 or Crime Stoppers at 613-233-8477 or toll-free at 1-800-222-8477.

METRO/WITH FILES FROM THE CANADIAN PRESS

Reduced water pressure in Meadowlands

Water pressure may be reduced in Meadowlands.

The city says a capital-works project on a water-distribution link to the west end of Ottawa will mean a there will be a short-term reduction in pressure in Meadowlands tomorrow. METRO

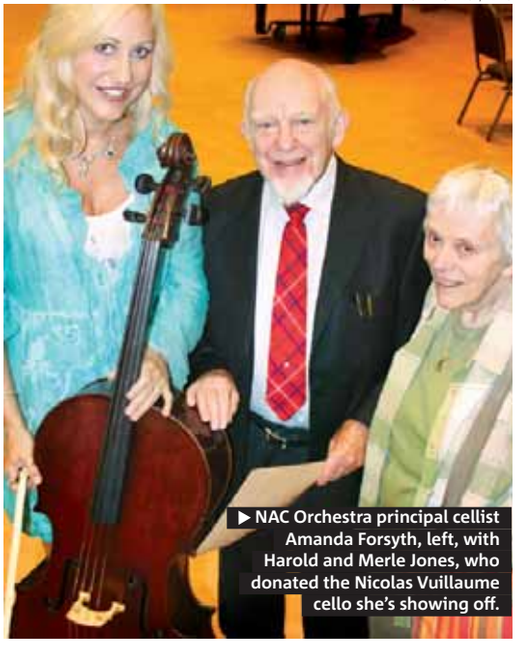
Charges in gas station stickup

Police have charged Shawn Veilleux, 35, of Ottawa with robbery and breach of probation following a holdup at a gas station along the 300 block of Montreal Road Aug. 16. METRO

Cello 'an amazing gift'

Instrument will improve sound of orchestra, NAC music director says

SEAN MCKIBBON/METRO



NAC Orchestra principal cellist Amanda Forsyth, left, with Harold and Merle Jones, who donated the Nicolas Vuillaume cello she's showing off.

SEAN MCKIBBON
@METRONEWS.CA

Deep, rich notes filled a National Arts Centre rehearsal room yesterday as the NAC Orchestra's principal cellist Amanda Forsyth demonstrated her new "husband."

"My mother calls my cello my other husband because I spend so much time with it," Forsyth joked as she showed off the Nicolas Vuillaume cello being donated to the Zukerman Musical Instrument Fund by Harold and Merle Jones of Ottawa.

The instrument, which dates back to the 19th century, was initially bought by the Joneses to be played by Claire Pottinger.

Pottinger, who is currently a professional musician based in Austria, has moved onto playing different instruments and no longer needs the cello, said Harold Jones.

"A lot of instruments are very expensive, but it's not just that. I think it brings the orchestra to a different level."
NATIONAL ARTS CENTRE MUSIC DIRECTOR PINCHAS ZUKERMAN

"It was evaluated at fifty thousand euros so about $70,000. When we bought it, it was about $45,000 US, so it's a bit of an appreciation," said Harold Jones.

Forsyth called it "an amazing gift," and said she would have to do some work to fine-tune the instrument and explore the cello to "open up" the instrument's sound.

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Traveller's spirit and Scotiabank support help Shanghai native start Canadian journey

As the operator of a Shanghai travel agency, Yuxiang Zhang had a love of travel that he put to the test when he decided to move to Canada. But when he faced worries about this colossal trip, he discovered how Scotiabank's multinational team and services can provide a smooth landing.

Mr. Zhang's personal journey began after he visited Becky, his only daughter, who had immigrated to Canada in 1999. Seeing how she was enjoying her life in a friendly, multicultural country, he decided to become a family class immigrant.

"I was excited to join my daughter, but I was also unsure about the details, such as how would I move forward without speaking English?" says Mr. Zhang, who also wondered about practical issues such as the process to transfer money to a Canadian bank.

Fortunately, Becky convinced him to attend an immigration seminar in Shanghai, hosted by Scotiabank and The Cross-Cultural Community Services Association, where Bank officials answered every question, ranging from the Canadian job market to government services. He also learned about the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits.

"Before the seminar, I was very worried, but afterwards I felt relieved, and it gave me the courage to move forward," recounts Mr. Zhang, who arranged for his Canadian and U.S. dollar bank accounts with Scotiabank, and applied for a credit card, while still in Shanghai, through the Bank's partnership with China Everbright Bank.

After landing in Toronto in late 2009, Mr. Zhang went alone to the Scotiabank branch at the Steeles & Silverstar location to activate his accounts. Speaking only Mandarin and Russian, he wasn't sure how things would go. Luckily, he was greeted by Isa Ho, Branch Manager, and her multilingual staff. "Surprisingly, it went well, and my accounts and debit card were ready, and my VISA* card came within a week," marvels Mr. Zhang.

Isa, a Canadian immigrant who speaks both Cantonese and Mandarin, is well prepared to serve newcomers. She often calls them long distance before they move, to help them prepare. "I tell them about banking options and what are the best schools for their kids," says Isa, a 31-year veteran of Scotiabank, who still remembers seeing donuts for the first time when she arrived. "When they get here, we answer their questions about Canadian customs, and explain about banking in Canada. Also, since many newcomers want to buy a home, we educate them on Canadian mortgages and how to avoid credit mistakes."

Today, Mr. Zhang is enjoying life in Canada, studying English and preparing to start a tour business for both Chinese and Canadian travellers. During an upcoming visit to China, he will tell others about the opportunities in Canada and "the friendly, open and trustworthy service I experience at Scotiabank."

That's good news for Isa Ho who teaches her Scotiabank team to "Welcome every newcomer with a smile, speak their language, and serve them with our hearts."

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[1]The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers.
[2]The Contest commences at 12:01 a.m. (ET) on April 1, 2011 and ends at 11:59 p.m. (ET) on March 31, 2012 (the "Contest Period"). No purchase is necessary. To enter this Contest, entrants must register online at startright.scotiabank.com/srcontest. There will be one (1) Grand Prize awarded consisting of a ten thousand dollar (CAD 10,000) cheque payable to the winner and deposited into the winner's *Scotia Powerchequing*® account. The Grand Prize winner will be randomly selected on April 2, 2012. There will be three (3) Secondary Prizes awarded, each consisting of a three thousand dollar (CAD 3,000) cheque payable to each winner and deposited into each winner's *Scotia Powerchequing* account. One (1) Secondary Prize winner will be randomly selected on each of the following dates – August 2, 2011; December 1, 2011; April 2, 2012. Entrants in each draw period that have not been selected as a winner will be entered into the subsequent draw. Chances of winning depend on the total number of eligible entries at each draw date. This Contest is open to residents of Canada that have reached the age of majority in their province or territory of residence by the start of the Contest Period. Employees of The Bank of Nova Scotia, Carlson Marketing, Capital C, Rapp (and persons domiciled with them and immediate relatives) are not eligible to enter. Only one entry per person is permitted. Correctly answering a skill-testing question is required to be officially declared a winner. For full Contest details, go to **startright.scotiabank.com/srcontest**.

News in brief

Curtis to speak on mental health

WOMEN IN MIND. Actress Jamie Lee Curtis will speak about her life, career and self-esteem at Ottawa's first-ever women's mental health conference, Women in Mind, Oct. 20 at the Ottawa Convention Centre.

Organizers of the conference say Curtis will speak about her struggles with addiction and how others can face their problems head-on.

Issues in women's mental health will be explored from both the medical and social perspectives, organizers say. METRO

Charge laid in knife-point robbery

WEAPON. Police have charged Adam McDougall, 36, of Ottawa with a number of counts including robbery and possessing a dangerous weapon and driving with a blood-alcohol reading over the legal limit following an Aug. 16 robbery of a store on Richmond Road.

Police say a man entered the store brandishing a knife and demanding cash but fled before getting any. METRO

One assault suspect caught

CHARGED. On July 13 a man was assaulted and robbed by two men in a parking lot along the 1900 block of Baseline Road.

Aleksander Zivkovic, 24, of Ottawa, appeared in court yesterday to face a charge of robbery. METRO

Reeling in the film biz

Hollywood increasingly makes 'million-dollar, multi-budget movies' in Ottawa ◐ Film fest expands

AMEN JAFRI
OTTAWA@METRONEWS.CA

Move over, Toronto — Hollywood North just got bigger.

Ottawa's film industry is growing, said Nina Bains, executive director at the Ottawa International Film Festival Tuesday. "We're gonna see the face of the city change significantly."

A total of 32 features and short-length films are on the roster at this year's festival which begins today at the Empire Theatres at the World Exchange Plaza and runs until Aug. 20.

Homegrown actor, director and writer Thomas Michael's feature comedy, Running Mates, co-starring Henry Winkler and Graham Greene, will have its Canadian premiere on the final day of the festival.

CONTRIBUTED

▶ Official poster for Running Mates, directed by Ottawa's own Thomas Michael, inset.

"It's just fun to come home and show people what we're up to," says Michael, who now resides in Los Angeles and Toronto.

The film's plot — an ambitious young man leaves his small town for the big city, only to return to run as mayor — draws from Michael's own childhood experiences living in Aylmer. "Ottawa has a small-town feel to it," he said, adding that because of that he always feels like an outsider in larger cities — a sensibility that helped shape his film.

He said he looks forward to catching up with friends and family in the city.

Bains, a filmmaker herself, founded the festival last year when she noticed Ottawa lacked a forum for showcasing local talent alongside major national filmmakers.

For the film buffs

- CBC's Alan Neal will host a Q&A with Hollywood producer Aaron Ryder Aug. 20.
- The documentary Highway Gospel features Ottawa skateboarding legend Claude Regnier.
- There are 29 sponsors this year, including TIFF.

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Click! You just voted

Elections chief wants online ballots Present system inefficient and expensive, he says May 2 federal election cost $291 million

The next time Canadians go to the polls in a federal byelection, it could just mean booting up their computers.

Canada's chief electoral officer says he's committed to seeking approval for a test of Internet voting in a byelection held after 2013.

Marc Mayrand also says Elections Canada wants to expand other services offered online.

In his official report on the May 2 federal election, Mayrand says it's clear Canadians are demanding more ease and flexibility in voting.

"The rigidity of the voting process is not only an inconvenience for electors, but is also expensive and, in some cases, inefficient," Mayrand says in a report released yesterday.

Elections Canada "needs to explore more efficient processes for conducting the vote," he says.

THE CANADIAN PRESS

An archaic ban?

- Mayrand doubts there was widespread flouting of a rule that prohibits publishing election results in areas where the polls are still open.
- A social media campaign had encouraged people to break the rule, arguing that the Internet age makes such a ban archaic. Mayrand agrees.

Stranded. Just like Tom Hanks

▶ Jaeger Mah greets the media after stepping off a Learjet yesterday at Vancouver's airport. It will be his home for the next 80 days while he tells the airport story. "There's a thousand cultures walking through here every day," he says.

PHYLICIA TORREVILLAS/METRO

He looks like a tourist, but he's going nowhere

Jaeger Mah watched the Tom Hanks movie The Terminal the night before he turned up at Vancouver's airport yesterday. The film, about a man trapped at New York's JFK, is decidedly apt — Mah will be stranded for 80 days at YVR. The Hanks movie gave him "some inspiration," said Mah, 29, who won a contest that allows him to live at the airport for 80 days and tell his story online. Mah says he'll be "meeting people who work here, who work on the tarmac, who work in traffic control." Follow him at liveatYVR.ca.

Chief won't rush Stanley Cup riot probes

MATT KIELTYKA
IN VANCOUVER

The surge of public impatience over the lack of charges stemming from Vancouver's Stanley Cup riot two months ago came to a head yesterday.

Under-siege Vancouver police Chief Jim Chu, whose department has not had any riot-related charges approved, addressed media and stressed that "hundreds" of charges will be laid — but only after thorough investigations.

"If you are in favour of speed, you are in favour of more acquittals and lighter sentences," Chu shot back amid intense scrutiny from media, the public and commentators.

"If we rush cases to court, we risk losing them by being ineffective and inefficient."

Comparisons are being made with the riots in England, where police have laid more than 1,000 charges.

But Chu said given the nature of the violence, demographics and the policing and legal framework, the two situations are simply "incomparable." "The short answer is that Canada is not Britain," he said.

Meanwhile, former Vancouver Olympic Organizing Committee head John Furlong and former Nova Scotia deputy minister Doug Keefe are expected to wrap up their review of the riot by Aug. 31.

A night in June

- Police have identified and are investigating 259 separate criminal events on the June 15 night of rioting.
- More than 1,600 hours of riot footage will be sent to a U.S. processing lab.

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MIKHAIL METZEL/THE ASSOCIATED PRESS

▶ First Vice Premier Sergei Ivanov, left, and Russian Prime Minister Vladimir Putin yesterday in Zhukovsky, Russia.

Russian PM backs aviation sector

Russian Prime Minister Vladimir Putin vowed yesterday to keep the development of national aerospace industries a top priority for his government.

Putin spoke at Moscow's International Aviation and Space Show at Zhukovsky air base outside Moscow, saying that supporting aircraft makers will be an "absolute strategic priority."

The show features Russia's state-of-the-art planes. Boeing, Airbus and other international aircraft makers also have sent their latest products to the event.

Putin hailed Russia's latest aircraft designs, including its first stealth fighter, the T-50.

"They represent the achievements of today's Russia, the efforts of our experts, who are reviving and developing the best traditions of Russian aviation and space industries," Putin said.

The T-50 closely resembles the U.S. F-22 Raptor it's intended to match. The Russian fighter made its maiden flight in January 2010, but was kept out of the public eye before its public debut yesterday in Putin's presence.

The T-50 still lacks new engines and state-of-the-art equipment, and its serial production is only expected to begin in 2015 at the most optimistic forecast. Two T-50s are currently undergoing tests, and another pair is expected to join them later this year.

THE ASSOCIATED PRESS

Attack plotted ahead of Pope visit

Chemistry student had planned to attack anti-Pope protesters with 'suffocating gases' and other chemicals, according to a police statement ◐ Church organizers say the papal visit will cost about $72 million US

RICCARDO DE LUCA/THE ASSOCIATED PRESS

▶ Riot police officers clash with demonstrators during a protest against the visit of Pope Benedict XVI in Madrid yesterday.

A chemistry student working as a volunteer for the Pope's visit to Madrid was arrested on suspicion of planning a gas attack targeting protesters opposed to the pontiff's stay, officials said yesterday.

Pope Benedict XVI is due to arrive today for a nearly four-day visit to celebrate World Youth Day, and thousands of protesters railing against his visit marched through central Madrid to the Sol plaza, where they have held months of demonstrations against Spanish politicians and the government's austerity policies.

A police official said the suspect arrested in Madrid Tuesday is a 24-year-old Mexican student specializing in organic chemistry. She would not say whether investigators believe the man was actually capable of carrying out a gas attack, and did not know if he actually had chemicals that could have been used to assault the protesters.

The detainee was identified by the Mexican Embassy in Madrid as Jose Perez Bautista, which said he was from Puebla state, near Mexico City.

The protest he allegedly wanted to disrupt happened relatively peacefully, and the only incidents of note as of late yesterday were some shouting exchanges between demonstrators and pilgrims who support the Pope.

But riot police were monitoring the protesters in the plaza.

THE ASSOCIATED PRESS

Arrested

- **Pilgrims.** The suspect was arrested at a Madrid convention centre where the hundreds of thousands of pilgrims coming to town for the papal visit are supposed to pick up their accreditation, a police official said on condition of anonymity in line with the department's rules.
- **Mexican volunteer.** An official with the Pope visit's organizing committee said the Mexican was a volunteer helping to deal with the massive flow of people flooding Madrid. She would not give her name, citing the church-run committee's policy.

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RYAN TAPLIN/METRO IN HALIFAX

▶ John Gilhen, curator emeritus at the Museum of Natural History in Halifax, points out the teeth on a great white shark yesterday.

Halifax museum displays shark head

Rows of serrated teeth on a fierce-looking jaw surfaced from the murky water yesterday. But this shark is no longer a fierce predator: It's the head of a great white being kept in a bucket housed at the Natural History Museum in Halifax.

The shark was caught in a fishing weir in the Bay of Fundy near the community of Economy, N.S., overnight on Aug. 6. Its head was recently taken to the museum for study and eventual display.

It's the only head of a great white at the museum. Atlantic Canada is the northern limit of the great white's territory as they hunt seals and porpoises.

JENNIFER TAPLIN IN HALIFAX

Father longs to see son

- Sailor has received more than 250 photos of his new baby via email
- Charlottetown will be handing off command to HMCS Vancouver today

JENNIFER TAPLIN
@METRONEWS.CA
METRO CANADA IN HALIFAX

The closest Lt.-Cmdr. Matthew Coates has come to holding his son is putting up photos in his bunk in HMCS Charlottetown.

He'll see his baby Nathaniel for the first time when the ship pulls into Halifax likely on Sept. 2. The Charlottetown left Halifax in March as part of Operation Mobile in Libya.

Because of the timing of the birth, Coates wasn't able to take leave to fly home to be with his wife during delivery.

"It's challenging, and the clock isn't moving as fast as I would like," he said in a phone interview from the ship yesterday.

"It weighs heavily on your mind, but I also think, to some extent, it's not a lot different than everyone else on board who has young children."

Nathaniel was born on July 18, and Matthew won the betting pool on board the ship when the baby would arrive.

"It seems somewhat fixed, but it wasn't fixed at all. I was within six ounces of the weight, three minutes of the time but I got the sex wrong," he said.

His wife, Meghan, who also works for the navy, said she thinks the past month has been harder on Matthew.

"Just because if anything were to happen he was just so far away. I think he felt a little helpless," she said.

Nathaniel, a healthy and happy baby, seemed blissfully unaware of the upcoming homecoming, and content to receive kisses from his mom yesterday.

"Mommy loves you," Meghan crooned. "And daddy loves you too."

RYAN TAPLIN/METRO; INSET: CONTRIBUTED

▶ Lt.-Cmdr. Matthew Coates

▶ Meghan Coates snuggles her one-month-old son, Nathaniel, in their Bedford, N.S., home yesterday.

Experiment tests the Bacon theory

- Facebook and Yahoo set out to prove six degrees idea
- Expert: Nearly 'all people have a path to each other'

You and the rest of the 750-million global Facebook army might finally be able to prove if "six degrees of separation" is real.

A social experiment devised by Yahoo Labs using Facebook's vast web of connectivity is designed to come as close as possible to the truth of the elusive "six degrees" idea.

Popularized in a film and proved by actor Kevin Bacon, the theory says everyone in the world (or at least in Hollywood) is just six social connections away from everyone else.

"Pretty much everyone is connected," sociologist Duncan Watts told the Toronto Star yesterday. "99.99 per cent of all people have a path to each other."

MICHAEL TRAN/GETTY IMAGES FOR TIME

▶ Kevin Bacon

Watts is a Columbia University professor and principal researcher at Yahoo Labs, which devised the Small World Experiment.

"As big and diverse as Facebook is, it's not as big and diverse as the whole world," Watts admitted. "But this is a huge step forward from what was possible."

Watts himself tested the "six degrees" theory a decade ago with email. The original "small world" experimenter, social psychologist Stanley Milgram, used handwritten and posted letters.

As with Milgram, Watts anticipates the big problem will be whether the connecting messages get passed on. But with Facebook's enormous database, researchers will at least know whether connecting strangers is impossible or "if people just didn't look in their inbox."

TORSTAR NEWS SERVICE

Dispute over penis amputation goes to trial

The dispute between a Kentucky man and a surgeon over the necessity of amputating the patient's penis during surgery in 2008 is set to go to trial this week.

The doctor maintains he found cancer in the man's penis during surgery and that it had to be removed, according to the physician's attorney. The patient claims the surgery was supposed to be a circumcision and he never authorized the amputation, nor was he given a chance to seek a second opinion.

Jury selection begins today in the lawsuit brought by Phillip Seaton of Waddy and his wife, Deborah, against Dr. John Patterson of Louisville. Attorneys hope to start opening statements this afternoon.

The Seatons sued Patterson in Shelby County Circuit Court in 2008 after an operation that resulted in the amputation.

THE ASSOCIATED PRESS

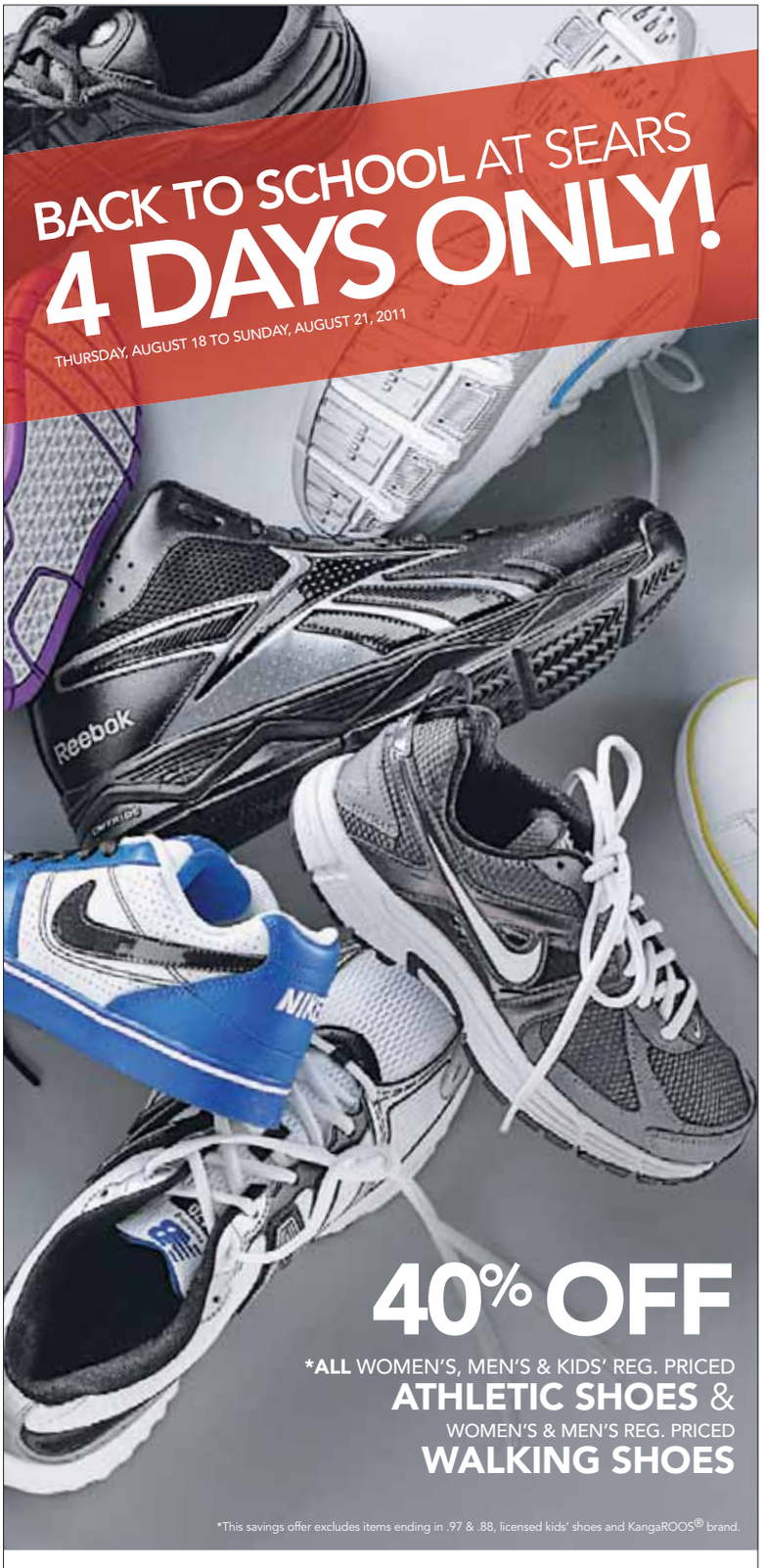
Big. Celebration

▶ Indonesian men participate in a greased pole climbing competition yesterday, held as part of an independence day celebration in Jakarta, Indonesia.

DITA ALANGKARA/THE ASSOCIATED PRESS

Indonesia throws party

This year, Indonesia is celebrating its 66th anniversary of independence from the Netherlands. In the pole climbing competition during yesterday's festivities, contestants raced up to grab items ranging from buckets to bicycles hanging from the top of the poles as prizes.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Stamp honours Berry best

SEAN GALLUP/GETTY IMAGES

▶ Liberation from our desks, or just dragging the desk with us? Canada Post says the former.

Research In Motion Ltd. and the BlackBerry are putting their mark on snail mail.

Canada Post is releasing a new commemorative stamp honouring the Canadian-invented smartphone, saying the device "freed information workers from their desks and changed the way the world communicates."

The stamp is one of four that pay tribute to Canadian inventions. The three others recognize the electric oven, the electric wheelchair and the cardiac pacemaker.

THE CANADIAN PRESS

Quebec firm behind Obama bus

The Quebec company that built the luxury bus being used this week by U.S. President Barack Obama is keeping mum about the stir the bus has caused south of the border.

The New York Post tabloid chastised Obama for using Canadian-made transportation during his economic recovery tour through Iowa, Minnesota and Illinois. The headline read: "Canucklehead Obama bus-ted!"

Steve Ziegler, director of business development at Prevost, in Ste-Claire, Que., says the company designed only the outer shell of the $1.1 million VIP H3-45 bus.

The interior was done mainly by a Tennessee company, and the U.S. Secret Service — which ordered the bus — put in a few finishing touches.

Whether that includes the codes to the U.S. nuclear arsenal, as some reports suggest, Ziegler wouldn't comment.

"We're not really at liberty to talk about them, because it's Secret Service," he said.

THE CANADIAN PRESS

THE ASSOCIATED PRESS

▶ The tobacco companies' lawsuit says the new U.S. warning labels were manipulated to be especially emotional. They say the corpse photo is really an actor with a fake scar, while the healthy lungs were sanitized to make the diseased organ look worse.

Big Tobacco fuming over graphic labels

- U.S. lawsuit against FDA calls for ban of warnings
- New labels must constitute 20 per cent of packaging

Five of the largest tobacco companies in the U.S. want a judge to put a stop to graphic cigarette labels that feature images of a sewn-up corpse and diseased lungs, saying they unfairly urge adults to shun their legal products and will cost millions to produce.

The companies sued the federal government yesterday, arguing that the warnings violate their free-speech rights. They say the labels no longer simply convey facts to allow people to make a decision on whether to smoke. They instead force them to put government anti-smoking advocacy more prominently on their packs than their own brands.

The U.S. Food and Drug Administration refused to comment. But when the labels were announced in June, the FDA called them frank and honest warnings about the dangers of smoking. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
+ 48.90 (12,579.61)	+ 0.25¢ (102.07¢ US)	+ 93¢ US ($87.58 US)	$3.933 (+ 1.0¢)	$1,793.80 (+ $8.80)

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HOW TO PUT A LITTLE SPRING IN YOUR STAGGER

HE SAYS ...

JOHN MAZEROLLE
METRO

I have a no-nonsense, well organized office in my apartment that looks like a place where work gets done. It looks that way because nobody uses it. I think about it while I drink beer in my neighbourhood bar.

I am a barfly. Wherever I've lived, a bar has been my second home. The current pub is where I go when it's too cold, where I hide when there's lightning, and it's where I fled after separating from my then-wife.

You see how the place gives off good vibrations.

Why this bar in particular? It fits my demanding criteria of being very, very close to my apartment. I enjoy its five-star adjacency ranking and its world-class proximity. If I'm ever writing Zagat reviews, my top rating will be NEARBY!

Truth is, if there were a laundromat closer with some detergent fumes and a vending machine, I'd hang there.

"It fits my demanding criteria of being very, very close to my apartment. I enjoy its five-star adjacency ranking and its world-class proximity. If I'm ever writing Zagat reviews, my top rating will be NEARBY!"

Not that the bar is devoid of charm. It's one of those proudly middle-of-the-road places that describes everything on the menu as "our very own," as if they have a cow out back they're getting their burgers from.

Countless hours in this place have made me well-versed in barflyedness and, in the spirit of pubs everywhere, I offer the following unsolicited advice about the ins and outs. Because you remind me of me at that age.

Talk the talk: Remember that everybody at the bar worked harder than you did that day, and are so friggin' tired and, oh, man, you don't even understand. But it's all cool, no biggie, they do it all the time.

When you join this conversation, because you worked harder than everyone else too, make sure to roll one of your shoulders and wince as you talk.

Tip well: Even if the service is terrible, if you're a regular you have to tip 15 per cent. Because if you got bad service by accident, you don't want to see the bad service you'll get when they do it on purpose.

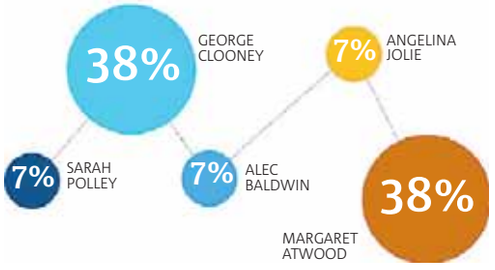
Spread your empties: Be sure to scatter your empty beer bottles around your table so anybody looking has the impression there's a multi-person party going on, and if they look back later they'll see the many GQ-quality men and buxom redheads who have only temporarily stepped away from the table. If anyone is around long enough to know it's just you and Alexander Keith, well, how long have THEY been there?

Follow these tips and you'll be the top tippler you can be. Remember: If you're going to be mediocre, you should be the best at it. Cheers!

Read more of John Mazerolle's columns at metronews.ca/hesays

Register at metropolitanpanel.ca and take the quick poll

Which celebrity would you most like to see run for office?



Local tweets

- **@CFIB:** Why is every second Ottawa civil servant wearing flip-flops to work these days? Is there a beach shuttle during coffee breaks?
- **@LilTunechi:** Just ripped Ottawa!! Much luv! Props to the person that threw that stak of kanadian money on stage! That's luv!!
- **@KiranGoraya:** I don't get why someone would throw a stack of (Canadian) money onstage at @LilTunechi concert. What is he, a stripper??
- **@chrisboutet:** Autobot or Decepticon? RT @dkaszor: I'm pretty sure the U.S.Embassy in Ottawa is actually a transformer.
- **@tumblngbouldrs:** Saw #Mosaika lightshow on #ParliamentHill in #Ottawa last night. Excellent and highly recommended.
- **@kirastorm:** Best waterslide ever!! Loop de loop at calypso Ottawa! Excellent application of physics!!
- **@rsporter:** All I see when I look at Ottawa's Transpo is "Gestapo".
- **@TarynKGrant:** OMG! Canucks are in Ottawa on December 10, 2011. Hockey Night in Canada!!!!!!!

Letters

We asked readers what they would like to see in their ideal transit system.

My vision for our transit system would be to use the existing Transitway, East/West/South for rail.

The roads are already there, the stations are already there.

This would eliminate flatening more Greenspace, widening roads and expropriating land from homeowners (just to name a few).

There are countless reasons why we shouldn't add more "cement" for transit in this city.

There is also a need for links to the existing O-Train — I live near Walkley Rd. and work at Tunney's Pasture…

Google it…

Why am I forced to take a bus through downtown everyday?

Surely, I am not the only person who travels South-end to West-end.

By adding a rail-link from Walkley Rd. (the tracks are already there too!) many people would not be travelling through downtown — this would help with the bus-traffic problem !!

PATTI LAROCQUE
OTTAWA

Cartoon by Michael de Adder

WEIRD NEWS

The bare bones of Sweden's real estate market

A Swedish real estate agent has an unusual piece of property up for sale: a five-bedroom house, complete with medieval tomb and skeleton in the cellar.

The central Visby town house on the Baltic Sea island of Gotland was built in 1750 on the foundations of a Russian church. The kitchen lies on the presbytery, and the tomb containing the skeleton — visible through a glass panel — is in the cellar.

The real estate agency's owner Leif Bertwig says there is no reason to be afraid as the skeleton "lies in consecrated soil and rests in peace."

Bertwig said yesterday the remains likely belong to a Russian man who died some 800 years ago.

The asking price for the house is $640,000 US.

THE ASSOCIATED PRESS

JOHN AREDAL/THE ASSOCIATED PRESS

▶ The skeleton of what is believed to be an 800-year-old Russian man.

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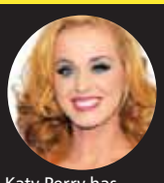
News in brief



Katy Perry has proven she's a multi-hit wonder, becoming the first woman to score five No. 1 songs from one album on the Billboard Hot 100 chart. Her song Last Friday Night (T.G.I.F.) is the latest No. 1 from her platinum album Teenage Dream.
THE ASSOCIATED PRESS

Broadway's The Lion King puts on a special show for autistic kids, families.
Scan code for more.

JAMIE KRONICK

▶ Last year's OIFF Music Video Challenge winner Adam Saikaley.

Creating 'lasting' memories

Second annual Ottawa International Film Festival Music Video Challenge set to take over Babylon

BACKSTAGE PASS

JEN TRAPLIN
METRO OTTAWA

This weekend, you've got a chance to check out 12 unique music videos by local bands, all competing in the Ottawa International Film Festival's (OIFF) Music Video Challenge.

Isa Forbes handles events and logistics for OIFF. This is the second year of the event and Forbes says she's already starting to see it grow.

"Last year we had to outreach to musicians and filmmakers," she explains.

"But, this year, they are coming to us to participate. It's so amazing to see people getting excited about creating something locally and showcasing it."

Forbes also says there are a few rules to keep in mind when making a music video.

"A winning video must be creative, unique and leave the audience with a lasting memory."

The event is hosted by Samantha Everts; an Ottawa gal who has been heavily involved in the music scene for nearly a decade. She also has a degree in film studies, so she knows a thing or two about what makes a winning video.

"If the video is entertaining, the audience is able to connect with it," explains Everts.

"The most difficult part is to come up with an original concept."

That's tough when you're an independent band trying to make it here in Ottawa. But, Everts believes, that just makes the process even more exciting.

"Budget means that you've got to be able to be creative and compromise on the fly," she says.

"Not everyone can be Spike Jonze on the first try. The more planning you do, the better the end result will be."

Everts even has some simple but effective advice for bands thinking about the music video process.

"Allow for enough time to edit and once it's done, have a video-release party, even if it's just for your friends, so that you've got at least a few hundred YouTube hits."

It's good advice to keep in mind if your band plans on submitting a video for next year's OIFF Music Video Challenge.

Forbes offers up some tips for getting involved in the next challenge as well.

"Go out to these events that are full of filmmakers looking for their next idea.

"One of OIFF's founding goals has been to connect people in Ottawa and around the world to inspire and create great films and musics videos."

All in the details

OIFF Music Video Challenge.

- **When:** Sunday night at 6:30 p.m.
- **Where:** Babylon Nightclub (317 Bank St.)
- **Price:** $5

Yelchin gets 'freaked out' in Fright Night

Anton Yelchin stars alongside Colin Farrell in new film

NED EHRBAR
SCENE@METRONEWS.CA

MWN IN HOLLYWOOD

HANDOUT

▶ Anton Yelchin is shown in a scene from the horror film Fright Night.

Anton Yelchin's boyish looks are working against him.

"I am not necessarily attracted to playing high schoolers anymore. Like, I got pretty over it," he says. "I haven't been to high school in five years. I don't really want to do a high school movie anymore, ever."

While his character in his latest film, Fright Night, is a high school student, he's quick to point out that's not a major plot point. In fact, once the action gets going — Yelchin's Charlie discovers his smooth-talking neighbour Jerry (Colin Farrell) is actually a vampire — it doesn't matter how old Charlie is as much as how scared he is, which was a major focus for Yelchin.

"There's no, 'Oh, I have two minutes to run to the bathroom? Great.' It's like, 'I need 15 minutes to do what normally takes 30 seconds.'"
ANTON YELCHIN ON WEARING A VAMPIRE-HUNTING SUIT

"It adds to Jerry's menace," Yelchin says. "The more freaked out he is, the more serene Jerry can be and the more menacing he can be. Because you are Charlie, you're the one that's getting freaked out that something's going to happen."

But the two stars didn't feel the need to stay away from each other off-camera to master that dynamic, though some actors might've gone that route.

"I've never really done that with anyone unless I needed to; unless I really felt like I couldn't do this without just staying in it," he says. "We seemed to get along pretty well. We definitely weren't like, 'You stay in one corner and I'll stay in another one,' you know what I mean?"

Besides, there were plenty of other factors to the horror movie shoot for Yelchin to contend with.

"Some of the shooting was difficult," he admits.

"The hours, inevitably as the movie's coming to a close, get longer and longer, so you get more and more tired, but we had a great time because the people are really great."

He also got to play some dress up, as Charlie dons an impressive homemade vampire-hunting suit late in the film, something he'd be delighted to see fans wearing at next year's Comic-Con.

"They will very quickly discover how uncomfortable that outfit is," he says.

"It was so hot. It's fireproof. I don't even know what that material is. It might as well have been bulletproof, too. It looked cool. At the end of the day, that's all that matters."

Comfort aside, the suit offered some logistical issues: "You have to pick and choose the hours that you're going to go to the bathroom," Yelchin says.

If Yelchin is looking to keep himself from hitting up homeroom again, then his next role, Like Crazy, is a step in the right direction.

"We're in our 20s in Like Crazy, so it had nothing to do with high school. It's about kids in college, young men and women after college trying to figure out — in a very serious way — what was going on with their lives," Yelchin says.

"It was a completely different universe. It was like the universe that I feel I inhabit more and more — just life after college, what do you do with yourself?"

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Allison

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Sitting at the top, ruling the throne

Kanye West & Jay-Z's latest project topping the charts across the world
From a rollout, to the style of music, they're doing it all their own way

G. VALENTINO BAL
SCENE@METRONEWS.CA

The numbers are in. No. 1 in 23 countries on iTunes, the Jay-Z and Kanye West (known collectively as The Throne) collaborative album Watch the Throne has been a commercial smash. But financial windfalls notwithstanding, why would two of hip-hop's biggest stars even bother with the project in the first place, especially when each rapper is at the top of his game? The answer might be in the project's first video, Otis. Smiling as they trade verses and ride in a Maybach that gets the Mad Max treatment, they look like they are having fun with no rules.

"That's the beauty in it. They didn't need to do it for money. Not worried about radio singles or marketing campaigns, they just went in and produced what they thought was a dope album," explains Geespin, assistant program director of New York's Power 105 FM.

The presentation of the album was unprecedented. It was for sale exclusively through iTunes, while streaming online for free from Aug. 8 to 11. Then it hit all digital and physical retailers on Aug. 12. This allowed the Throne to dodge that most treacherous of artistic enemies in this digital age: the Internet leak.

The set also broke the U.S. iTunes Store's one-week sales record last week when it sold nearly 290,000 downloads.With the physical sales added to the digital, Watch the Throne is a lock for the top spot when Billboard updates its charts today. In the music business, success usually breeds imitation. Are we on the brink of seeing more special projects like this? Will there be an heir to the Throne, so to speak? Geespin thinks so.

"I wish that more artists in the position would be more conceptual instead of thinking radio spins," he says. "It's good for the culture."

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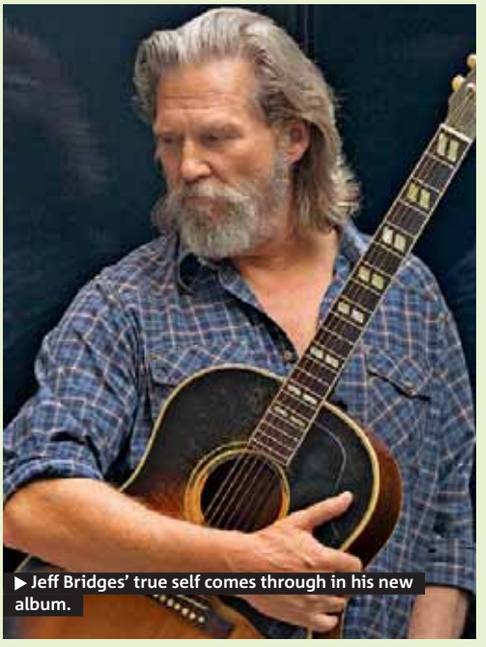
Different look

Everything about this project has been different.

Strategy From the supergroup approach to the innovative retail rollout and going to digital first, Watch the Throne has not been the norm. Nowhere do we see that more than in Otis, which is an unlikely radio hit.

GETTY IMAGES

▶ Watch the Throne broke the iTunes one week sales record in the U.S.



▶ Jeff Bridges' true self comes through in his new album.

JEFF BRIDGES TRULY IS THE DUDE

When you get right down to it, Jeff Bridges' new self-titled album got its start more than 30 years ago on the set of Heaven's Gate.

The now legendary six-month shoot threw the actor, whose hobby was guitar-slinging, together with a bunch of musicians, including Kris Kristofferson and one of Kristofferson's players — a young T Bone Burnett.

"That was it, that was when we became friends," Bridges said of Burnett. "We stayed friends over the years. We haven't spent that much time together. We're both busy guys. But you know how it is with people that you click with. You just pick up where you left off."

And when the two got back together on the 2009 film Crazy Heart, the click was audible. The collaboration led to Academy Awards for each and some of the best work of their respective careers.

"Jeffrey's exactly the same as he was then, only more so," Burnett said. "His spirit has not wavered in all these years. He's remained very true to whichever muse he's following."

The time they spent together working on the music on that film reignited something in Bridges that had been pushed aside by his acting successes. Still, there had been occasional jam sessions over the decades, and Bridges put out an independent album, Be Here Soon in 2000 with Michael McDonald on their own label, Ramp Records.

And while Bridges says recording music is playing a part, a picture of the actor emerges through the songs he chose. It's an introspective album, subtly psychedelic with shades of rock and country. It is not an album of acid-tinged lounge music by The Dude, Bridges' iconic character from The Big Lebowski — though Bridges says, "I think the Dude would dig this album."

And it's not a slab of outlaw country a la his Crazy Heart alter ego Bad Blake.

This is pure Bridges. "It is a very personal album," Burnett said. "It's not a public Jeff. It's a very private Jeff in these tracks."

This is most apparent in the songs Bridges penned. At the heart of each is a quest or a question. THE ASSOCIATED PRESS

Abercrombie & Fitch unhappy with 'Sitch'

Jersey Shore star offered money to stop wearing preppy brand of clothes

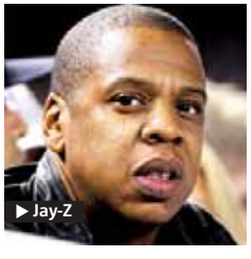
ALL PHOTOS GETTY IMAGES

Clothing company Abercrombie & Fitch is apparently so displeased with Jersey Shore star Mike "the Situation" Sorrentino wearing their wares that it's willing to pay him to stop.

"We are deeply concerned that Mr. Sorrentino's association with our brand could cause significant damage to our image," the company said in a press release, according to CNN. "We believe this association is contrary to the aspirational nature of our brand, and may be distressing to many of our fans. We have therefore offered a substantial payment to Michael "the Situation" Sorrentino and the producers of MTV's The Jersey Shore to have the character wear an alternate brand. We have also extended this offer to other members of the cast, and are urgently waiting a response." METRO

"We believe this association is contrary to the aspirational nature of our brand."
ABERCROMBIE & FITCH PRESS RELEASE

▶ Jersey Shore's the Situation.


▶ Jay-Z

Jay-Z compares Beyoncé to MJ

Jay-Z may be a bit biased, but he thinks wife Beyoncé is pretty great — and possibly even the second coming of Michael Jackson.

"I know that's blasphemy to compare the two because Mike was such an innovator, but I think she's like the second coming," Jay-Z tells Miami radio station 99 Jamz. "You know, the hard work and dedication that she puts into her shows. It just makes you want to work harder at your own craft. She's like a machine." METRO

"I think she's like the second coming." JAY-Z

Depardieu's keeping it classy

French star Gerard Depardieu made quite a stink on a CityJet flight bound from Paris to Dublin recently.

While the plane was delayed on the tarmac, Depardieu asked to use the restroom and, after he was refused, reportedly relieved himself in the aisle of the plane.

"I will only confirm that he, in effect, urinated in the plane," a spokeswoman for the airline says.

After the incident, the plane had to return to the gate and was delayed for two more hours for cleaning.

It was not clear whether any action would be taken against Depardieu. METRO

▶ Gerard Depardieu

Talking points

Pitt, Jolie pay well for their train travel

NOT CHUMP CHANGE. Brad Pitt and Angelina Jolie know how to travel.

When it was time to move their six kids, extensive entourage and the 350-person crew for Pitt's upcoming zombie movie World War Z from London to Scotland, a private train was chartered, according to People magazine. The Jolie-Pitts even got door-to-door service.

"Three cars suddenly drove onto the platform from the street, pulled up alongside the train and then they all got out," a source says. "Brad was in one car with some of the kids and Angelina was in another with the others. They were all smiling and looked really happy, but then I suppose it's not every day that a kid gets to have their own train to play with." METRO

Gossip Girl is Pretty Reckless

MOVING ON Former Gossip Girl problem child Taylor Momsen says she's through with acting and is instead focussing on her band, the Pretty Reckless.

"I quit Gossip Girl and now tour and am in a band," the 18-year-old tells Elle magazine. "That's pretty much all I want to do. Hopefully, I'll be able to only do that for the rest of my life." Momsen was put on indefinite hiatus from the show last November, and in April is was announced she wouldn't be returning. METRO

Banks pretends to be Handler

GOOFING AROUND Actress Elizabeth Banks gets mistaken for comedian Chelsea Handler pretty often — and she sometimes doesn't correct people.

"A guy walked up to me and said, 'I just love your books. I mean, My Horizontal Life' … I was like, 'Oh, he thinks he's meeting Chelsea Handler.' I couldn't ruin it for him!" the actress said during a visit to Handler's talk show.

"I was like, 'It's nice to meet you.' I was just hanging out, being Chelsea, drinking my vodka and having a good time. He couldn't have been happier." METRO

Celebrity tweets

"note to self never leave lap top with twitter page open in a room full of friends!"
@MissKelly0

"yesterday my twitter was down, my internet is still not working and my boiler is broke!!! Not a great couple of days!"
@emmabunton

"Once a week I hear someone answer their phone with, "I can't talk right now." Do they think phone will explode if not answered?"
@daxshepard

"You know you've gained a few pounds if your robe is tight."
@AlbertBrooks

3 life

A very Gaga Christmas

Lady Gaga and her team are going to reinterpret Santa's workshop and put it on display at Barneys. She'll get an entire floor and take over the coveted windows starting in mid-November at the retailer's flagship Madison Avenue store.
THE ASSOCIATED PRESS

Anti-aging skin care tips for men and women

Worldwide trends

There's a boatload of new shapes, prints and overall ideas to choose from for fall Before you hit the stores, refer to this guide for navigating through it all

KENYA HUNT
LIFE@METRONEWS.CA
METRO WORLD NEWS

▶ Prada

SHAPES:
THE SIXTIES ARE THE NEW SEVENTIES

It's amazing how quickly decades come and go. Sixties flavoured A-line dresses, skirts and coats ruled the runways for collections such as Prada, Burberry Prorsum and Fendi, replacing all of those floaty '70s looks you coveted last fall. Even trousers have a new feel to them in cigarette shapes with higher hemlines.

▶ Marc Jacobs

PRINTS:
POLKA-DOTS AND STARS ARE THE NEW STRIPES

Last season it was all about stripes. But this fall, polka-dots and stars take the prize for the trendiest print. Thank Marc Jacobs, Stella McCartney and Topshop Unique for all the spots you're seeing in the shops, while Dolce & Gabbana are behind all those dresses covered in Milky Way that you've been seeing on the red carpet.

▶ Dolce & Gabbana

IDEAS:
MAXIMAL IS THE NEW MINIMALISM

Embellished to the hilt in crystals and glitter (Dolce & Gabbana) or patchworked to the Gods (Fendi), details and ornamentation are suddenly very important. As seen on just about every runway, more is definitely more this season. And if you're feeling really adventurous, combine them all in a single, in-your-face outfit and own it.

2

FOR LESS: FALL TRENDS ON THE HIGH STREET

THE '60S

▶ H&M dress, $60 hm.com

SHINE AND SHIMMER

▶ Zara jacket, $129, zara.com

From catwalk to campus

Post-secondary schools turning into posing grounds as fashion blogs keep young people aware of trends

It's not all jeans, sneakers and sweatshirts packed in those duffel bags headed to college campuses in the coming weeks. There might also be a ripped-from-the-runway look from Zara or H&M that mimics Celine or Chloe, and maybe — just maybe — a bona fide Diane von Furstenberg dress or Alexander Wang jacket.

Dr. Martens are a must-have.

It will all get worn, with the possible exception of the sweatshirt, says Amy Levin, founder of the site CollegeFashionista.com.

"College students love to change up their look. ... They can do it by translating the most up-to-date looks for their lifestyles and budgets."

ALL PHOTOS COLLEGEFASHIONISTA/THEASSOCIATEDPRESS

▶ Photos of two style-savvy students featured on collegefashionsita.com.

For some students, Levin says, going to class is a reason to get dressed up.

CollegeFashionista has regular contributors from more than 200 campuses chronicling clothes worn by their peers. On this day, for example, the site features a student and her Michael Kors bag and animal-print pumps at the University of Texas, and a Boston University student in a strapless sundress.

The fact that today's students are so plugged in certainly helps in staying so stylish. They can look at photos from designer collections and red carpets around the world in real time — and change their look in the time it takes to dig through their drawers and dirty laundry piles.

A shift in style doesn't take long for this crowd to digest. They are hungry for the next big thing and usually aren't married to a particular look. "You'll see in the U.S. that campuses in major cities are usually ahead of trends," observes Levin, and Londoners and students in Australia are even more fashion-forward.

"There are so many different styles on campus. There's grungy and polished, more tailored, more sport or hip-hop. I think that inspires me." CAROLYN AMURAO, COLLEGEFASHIONISTA.COM

(Levin says her alma matter, Indiana University, is more traditional and casual, but not by much.)

That brings us back again to the college sweatshirt students' parents still buy when the acceptance letter first arrives. News flash, according to Levin: They are too generic. "They might put their school name on a shirt, but they've done it in some creative way themselves. Everyone wants to be individual — no one wants to dress alike," she says.

New York University film student Carolyn Amurao, a Vancouver native who just moved to hip Williamsburg in Brooklyn, says she doesn't pay much attention to celebrity fashion anymore; she'd rather be inspired by what she sees on the street.

She has borrowed a few looks from her fellow students — like wearing socks with platform heels.

THE ASSOCIATED PRESS

Let them stare at your head of hair

THE KIT

Rice 'n' easy

Dry shampoos are total time savers, but they so often leave a powdery residue. To get shiny hair with the shake of a can, try LaCoupe Orgnx Re Fresh Instant Hair Reviver ($10, orgnx.com), which contains brown rice to add moisture to hair (it sprays on wet) or John Frieda Luxurious Volume Anytime Volume Refresher ($11, johnfrieda.ca), a dry spray-shampoo that contains transparent rice starch that blends into your hair with no white buildup. **SUBSCRIBE FOR FREE TO THEKIT.CA—AND DISCOVER THE DIGITAL WORLD OF BEAUTY.**

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Sweet dreams are made of this

Our beds offer a comforting refuge from the world and a place to hide away from the cold, dark days ahead

CONTRIBUTED

▶ Raw textures, soft colours and organic bedding make for a great spa bedroom look (Crate and Barrel).

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

As seasons change so do the trends in how we dress ourselves, and our beds.

Just back from the New York International Gift Fair & Home Textiles Market Show, I saw plenty of emerging trends in bedding and decor.

Here's some stylish and comforting ideas to help keep you in bed with the trends.

Luxurious basics

Sheets: Most people think that the higher the thread count (weaves per square inch) the better the quality.

That is often true on the lower end of sheets sets but on thread count sheet sets over 350 they should be looked at by quality of cotton.

The best cotton is made in Egypt, Turkey or Portugal. The hot days and cold nights of growing the cotton created long, strong threads.

You can purchase sheets sets with 800-1500 thread count and think you are getting high quality but be careful — if cheap cotton is used, then you will get wrinkles and pilling within just a few washes.

I like to choose sheet sets that have subtle colour — look for pale blue/grey, lavender or cream sheets to add a refined fashionable colour under the duvet.

Pillows: Some like feather and some like synthetic fill. I always suggest having a mixture on the bed so that you have variety. This is especially important in a guest room where you may not know your guest's preferences.

A feather/down pillow will offer a cushy/soft landing for your head while a synthetic pillow will give support to your head and neck.

Always protect your new pillows with a zip-up pillow case. This will keep it free from dust and stains from hair products and drool.

Don't be afraid to wash your pillow in the gentle cycle of the washing machine either!

Duvet fills: A good quality down duvet will alway look great and give a full, puffy look to the top of the bed.

Down is also lightweight, so a large comforter won't be too heavy to sleep under.

Synthetic comforters are great (and less expensive) for children and kids away at school as they can be washed in good hot water and are indestructible.

Silk fibre fill offers the luxurious loftiness of down with the non-allergy worries of the feathers.

Top bedding looks for fall

Spa-like: Organic cotton or linen sheets, baby-soft wool throws in pale, light colours are what soothes the mind and body after a hard day.

You relax just looking at the bed and once you jump in you may never want to get out. Pale colours such as greys, blues, taupes and off-white keep the overall feeling light and airy.

Gypsy-traveller: This eclectic mix of fabrics and prints give a young-spirited look to the bedroom.

ISTOCK

▶ Make bedtime your favourite time of day.

CONTRIBUTED

▶ A splash of colourful pillows and a throw turns neutral bedding into a trendsetter's bedroom (Crate and Barrel).

Tie-dyed throws, patchwork duvets and bright coloured sheet sets allow for a fun mix-and-match style to the bedroom.

Go bold with this look or don't do it at all.

Orange, rust, reds, peacock green, navy are just a few strong colours to be used for a gypsies, tramps and thieves look in the bedroom.

Embed some style

- **Shams:** A few large pillows help to create a focal point to the bedroom, especially if you are without a headboard.
- **Bed runners:** These add colour and texture to a plainly dressed bed. Think of it as a table runner — about 7-10 feet long — a scrap of beautiful fabric or a piece of vintage drape works perfectly.
- **Headboards:** HomeSense and Home Depot have lightweight, upholstered headboards covered in the chicest of fabrics for very reasonable prices. Go for a durable covering like leather, vinyl or ultra suede in a nice neutral colour.

Pop of colour: Take a perfectly good neutral like grey, cream or gold and layer it all over the bed in various hues.

Then add a few dramatically coloured cushions or a throw in rust, purple or turquoise.

It's a safe way to dress the bed yet stay in fashion with the season's hottest colours.

Carpets make a comeback

Take that, hardwood: Carpets make rooms feel warmer and reduce noise, say designers Go for rich colours, bold patterns and luxurious textures

After years of being ripped out and kicked to the curb, carpet is making a comeback. And not just the neutral-toned carpets of recent years, but ones that are boldly coloured or patterned.

The softer, cosier feel of wall-to-wall carpet is appealing to homeowners used to treading on tile and wood, said Emily Morrow, director of colour, style and design for Shaw Floors, a company in Dalton, Ga., that specializes in carpet, laminate, tile and hardwood flooring.

"They've experienced those hard surfaces, and they want to surround themselves with the comfort of carpet," she said.

While hardwood or tile can be great for entryways or other high-traffic areas, some rooms — bedrooms, play rooms, studies and family rooms — cry out for carpeting, said Eric Ross, an interior designer in Franklin, Tenn.

"Carpet is really trending up," he said. "You're going to see more and more of it."

Manufacturers have responded by creating carpets with rich colours, patterns and textures designed to be a focal point, rather than just a neutral backdrop.

The new choices are available at a variety of price points.

"It has gotten exciting again" after years of playing it safe, Morrow said.

Clients are using carpet to make a statement, agreed Linda Merrill, an interior designer in Duxbury, Mass. "If carpet is the right choice for a specific space, they feel freer to pick something a little more exciting," she said. "There are a lot of different colours and different options."

Some of the over-the-top ideas from television shows also have freed people to experiment more with decorating, she said.

And the pervasiveness of patterns and bright colours in housewares and home furnishings in recent years has made people more open to colour.

"We see so much pattern in so many things," she says. "We're just bombarded with it."

Those who are hesitant to choose a patterned carpet often create an impact with a textured one, said Jennifer Bardsley, an interior designer in Hingham, Mass.

Those carpets, created by using yarns of different lengths or densities, can spice up a space and add more interest to a room.

THE ASSOCIATED PRESS

Get colour happy

More vibrant carpets often create a more customized feel, says interior designer Linda Merrill.

With the slumping real estate market, homeowners are indulging their personal tastes and worrying less about how their choices will affect the resale value of their home, she said.

MICHAEL K. WILKINSON/BOSSY COLOR/THE ASSOCIATED PRESS

▶ No more neutral tones: More and more people are putting brightly coloured carpet into their homes.

WHEN 'OFF-WHITE' ISN'T THE LOOK YOU'RE AIMING FOR

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Hi Charles,
As a university student that once utilized an overly kind mother to keep all his whites white, now I find myself looking for advice.

What is the best way to clean a polyester-spandex blend baseball cap without damaging it?

A man must keep up appearances.

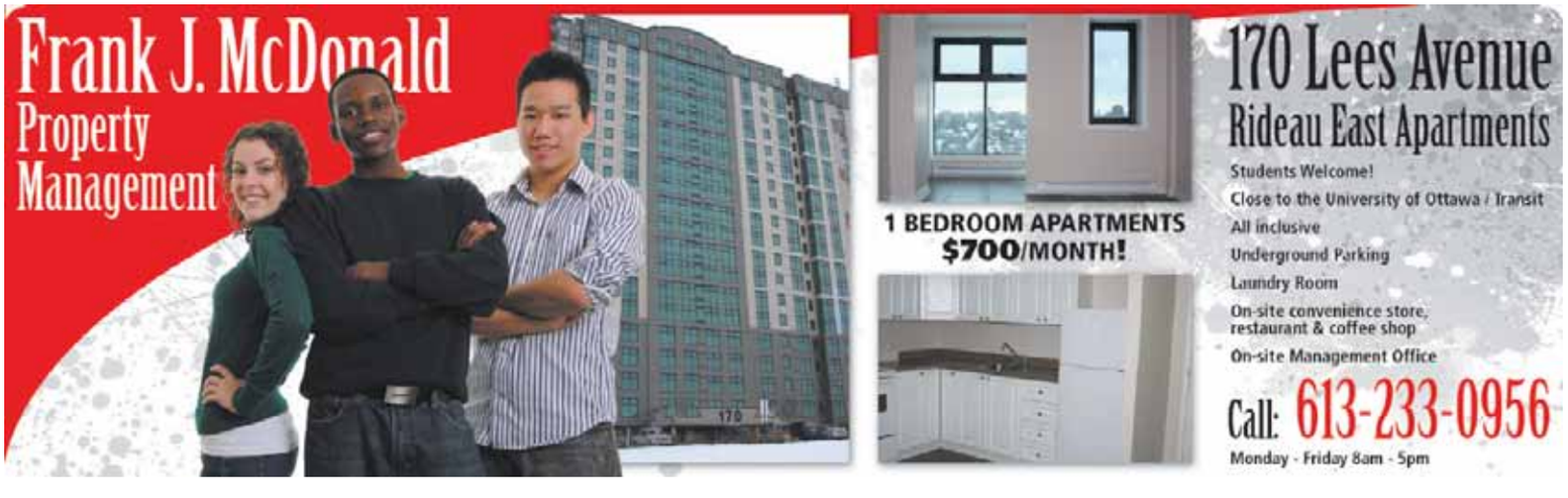
Signed,
Rob

Dear Rob,

My first initial reaction is that you should call and ask your mom, first because I'm sure she would love to hear from you, but secondly she will tell you how she cleaned it in the past.

Remember to always follow label directions. Now if the hat is just normally dirty, my first try would be just regular good old laundry soap, if the hat needs to be "whitened" then, try Oxyclean, follow the directions, and remember the secret with Oxyclean is to let it soak.

GOT A QUESTION? SEND AN EMAIL TO CHARLESTHEBUTLER@METRONES.COM



5 tips for a clutter-free home

What to do when 'stuff' takes over your house and makes you miserable
An organized space will leave you feeling more relaxed and comfortable

DIY IDEAS

Mail, toys, clothing, knick-knacks — these are just a few examples of things that can pile up in our homes.

Consumed is a new Canadian TV series that tackles clutter head-on.

It's an extreme home experiment that challenges Canada's most overwhelmed pack-rat families to survive for 30 days with only the bare essentials.

Series host Jill Pollack is a de-cluttering expert who guides families through a unique shock-therapy process that allows them to cut through their physical and emotional clutter and rebuild their lives from scratch. Pollack gives Metro readers five simple tips to help reduce household clutter:

1. Tidy under the sink
Remove anything that's not cleaning-related.

Streamline your cleaning products — one product will usually clean a number of areas in your home.

Colour-code sponges for consistency.

2. Hang a bulletin board
Keep track of events, happenings and issues in the family, and tack items like event tickets or wedding invitations.

Think of it as a revolving inbox.

3. Organize the hall closet
Use an over-the-door plastic shoe bag for items you need when you're walking out the door.

Create a high row of hooks for hats and a low row for kids' coats and backpacks.

4. Create order at the doorway
Use a wicker basket to hold keys, wallets and cellphones, and another for mail.

Stop junk mail at the source by registering for a service to prevent unsolicited mail.

5. Manage your media
Store your CD collection in the sleeves of a media book. Get rid of audio cassettes and VHS tapes unless they are family home movies.

Keep your remotes in a basket on top of the media centre.

CONSUMED LAUNCHES TUESDAY, AUG. 30, AT 10 P.M. ET/PT ON HGTV CANADA.

De-cluttering pro

Jill Pollack is a de-cluttering expert and host of the new series Consumed on HGTV Canada.

▶ Jill Pollack

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CAPITAL PRIDE

COURTESY CAPITAL PRIDE FESTIVAL

▶ The Capital Pride Festival wraps up Aug. 28 with the Pride Parade. With 10 days of events, the festival offers a little something for everyone.

All the colours of the rainbow

From humble beginnings, Capital Pride celebrates 26th anniversary ◐ Highlight of events is Pride Parade

JEN TRAPLIN
FOR METRO

In a city that's well-known for its summer festivals, Capital Pride has no problem standing out as Ottawa's most colourful.

It also happens to be one of the city's longest running festivals. This year, Capital Pride is celebrating its 26th anniversary; a huge accomplishment for a festival with very humble beginnings.

The first pride celebration in Ottawa was organized in 1986 by a group called Gays of Ottawa (GO), which later became the Association of Lesbians, Transgender, Gay, and Bisexuals of Ottawa (ALTGBO). By the mid-1990s, Pride Week organizers had parted ways with ALTGBO and opted instead to elect an executive and adopt a business model for the festival. Since then, Pride Week has continued to grow at a rapid rate, surpassing even the expectations of event organizers themselves.

One of the highlights of the annual event is the Pride Parade. In 2001, it was attracting crowds in the thousands.

Just one year later, in 2002, the festival enjoyed its most successful year, with more than 55,000 people taking in the parade and street party.

The 26th annual Capital Pride Festival, celebrating the diversity of the gay, lesbian, bisexual and transgendered (GLBT) community, runs until Aug. 28.

With 10 days of events, the festival offers a little something for everyone — sports and youth events, live music, a pageant, films, health and fitness lessons, and an awards gala.

The main event, of course, is the Pride Parade which starts Sunday, Aug. 28, at Old Wellington and Wellington, across from the National Library and Archives of Canada. The parade route then heads east up Wellington, and south down Elgin to Marion Dewar Plaza.

With more than 35,000 spectators last year, Capital Pride Festival organizers are expecting an even bigger crowd this year.

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The modern family is redefined

Giving children the words to describe their non-nuclear families will create positive change for the next generation, says queer mom

JESSICA SMITH
@METRONEWS.CA

When Danielle Raymond's five-year-old daughter Rowan met one of her mom's colleagues for the first time, the child blurted out: "You know my mom? She sometimes wears boys' underwear and they even have a penis hole."

Kids say the darndest things.

It's not always easy to explain concepts of gender and sexuality to a child, said Raymond, and that's what her daughter was trying to talk about when she mentioned her mom's choice of underwear to someone she had just met.

Raymond identifies as queer and gender queer. She co-parents with Rowan's biological father, who is gay, and Rowan splits her time between them on a week-by-week basis.

"We have a lot of shared time together where we'll do dinners or outings together, not as a family, but as mama and papa who love each other and are good friends," Raymond said.

Raymond is in a relationship with a woman who has children of her own, ages five and 10.

"Society offers this one picture of family," Raymond said.

"There is that nuclear family image and educating a child like Rowan, as young as five, that there's something beyond that and giving her the language and the tools that she can use at her age is certainly challenging at times."

Raymond said she hopes her daughter can feel safe using the language that describes diverse modern families in public.

While Raymond is active in the lesbian, gay, bisexual, transgender and questioning (LGBTQ) community, her partner isn't "out." Raymond and her partner talk to all of the kids about their situation and share parenting responsibilities, but her partner's kids won't go to Pride with Raymond and Rowan.

One of the reasons Raymond's girlfriend isn't out is because she has concerns her kids will be bullied at school, Raymond said.

JESSICA SMITH/METRO

▶ Danielle Raymond and her daughter, Rowan, play with a rainbow flag as they sit on the floor of the Ten Oaks Project office in Vanier.

"Whether they're founded or not, I don't know," she added.

One thing that would make a big difference in the lives of kids with LGBTQ parents is having diverse role models at school and a curriculum that better supports kids from all kinds of families, she said.

When Raymond sat her daughter down to do an interview for this article, Rowan said she doesn't talk about things "like what being gay is" at school.

Why not? "Not appropriate," she said.

"Wow," her mom responded quietly.

"Do you feel safe talking about mama's girlfriend at school?" asked Raymond. A small head shake: "No."

Later, after Raymond and Rowan posed for photos and goofed around with a Pride flag, wrapping Rowan with it, swinging her around in it and turning it into a tent they played under, Raymond said that maybe her girlfriend's concerns — about her kids being bullied at school — were real after all.

Raymond is the executive director of the Ten Oaks Project, which offers kids from LGBTQ families a safe space to talk about their lives.

For more information on the Ten Oaks Project, visit tenoaksproject.org.

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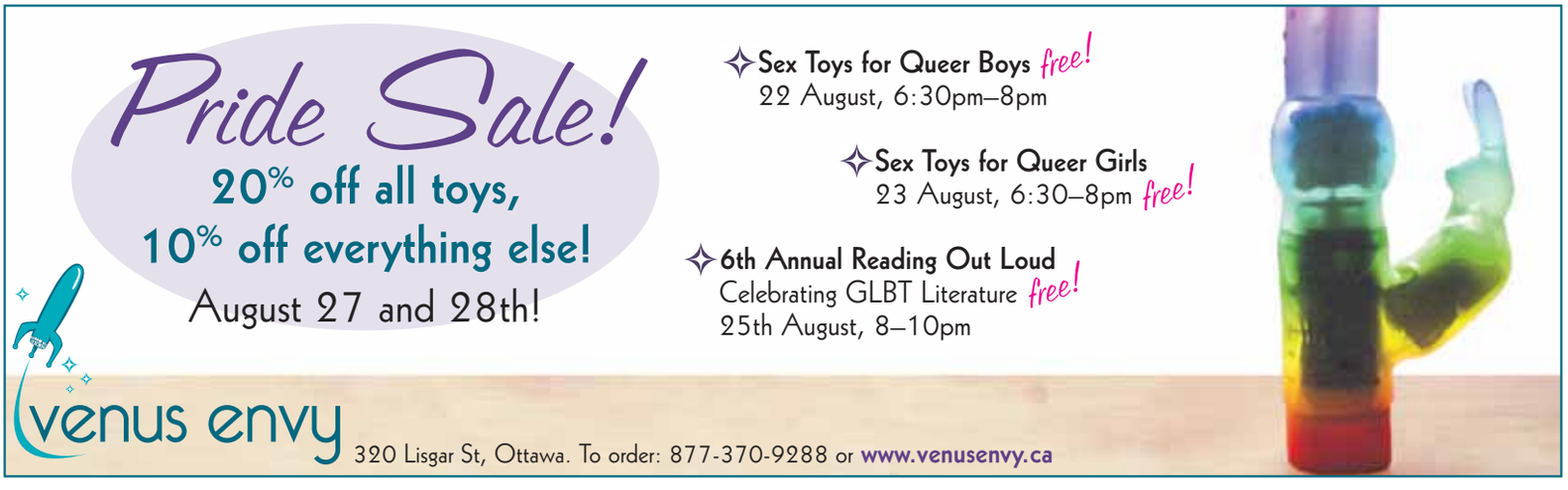
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All eyes will be on Marshall the marshal

GLBT community leader has passion for giving and volunteering Former Miss Gay National Capital

JEN TRAPLIN
FOR METRO

The role of the Capital Pride Parade Grand Marshal is an important one and it requires a special person to fill.

This person must be a leader; someone who is passionate about their community and can take on the task of being the face of the Pride Parade with grace and ease.

This year's Grand Marshal is all of the above.

Zelda Marshall is a GLBT community leader, known for her giving nature and passion for volunteering for various charities and events. She has competed in drag pageants, she has had her own drag shows and has even won the title of Miss Gay National Capital.

ERIK FAURE PHOTO

▶ Zelda Marshall

Needless to say, her resumé fits the job description of Grand Marshal perfectly. It's a role Marshall is more than happy to take on. "I was absolutely thrilled and honoured when they told me," Marshall said.

The Grand Marshal is the face of the Capital Pride Parade. So, come Aug. 28, all eyes will be on Marshall as she leads the procession along the parade route.

And since everybody will be looking at her, she will be looking back into the crowd to see just who is out there this year.

"I am always thrilled to see the young families who bring their children with them to show them that diversity or being different isn't something to be afraid of," Marshall said.

"For me, it's all about being the change you want to see in your community. Get involved, make a difference."

Of course, Marshall isn't just thrilled about having the best seat in the house as Grand Marshal for this year's parade, she is also looking forward to some of the other perks of the job.

"What a great excuse to go shopping for a new outfit," she said.

"Shoes, too, of course."

COURTESY CAPITAL PRIDE FESTIVAL

▶ The parade route for the 2011 Capital Pride Parade, which will be held Aug. 28.

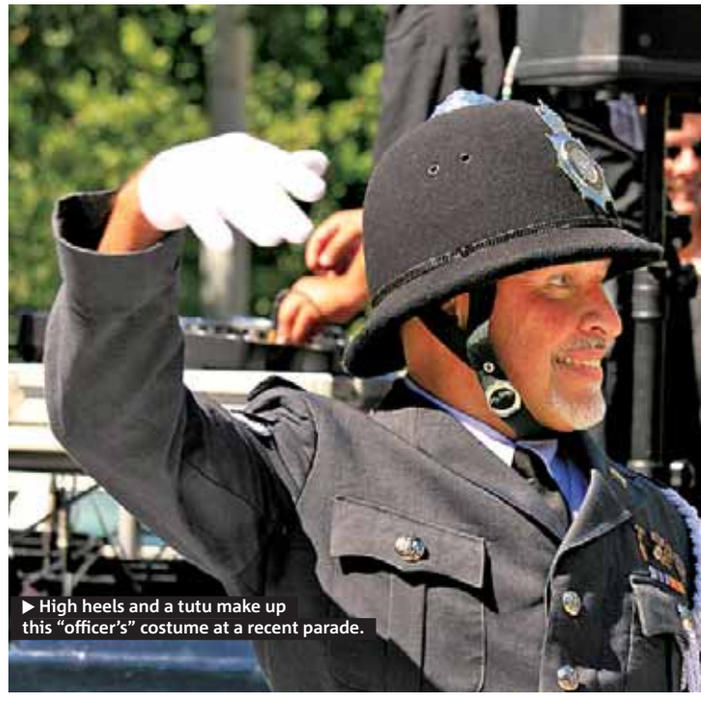
A look at parades past

PHOTOS **COURTESY CAPITAL PRIDE FESTIVAL**

▶ Revellers at a recent Capital Pride Parade.

▶ One of the many floats during the Capital Pride Parade.

▶ Many colourful people attend the annual Pride Parade.


▶ High heels and a tutu make up this "officer's" costume at a recent parade.

Capital Pride
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August 18 to August 28, 2011

Our theme this year, *Pride: The Courage To Be...* exemplifies our promotion of the spirit of pride and our understanding and acknowledgement of the GLBTTQ community and its positive contribution to the National Captial Region.

We hope that you enjoy yourselves at the 2011 Capital Pride Festival!

www.capitalpride.ca

Thursday August 18th

9:00PM

Official Pre-Opening Party

Join us at Ottawa's newest destination for the gay and the fabulous for the official opening party for the Captial Pride Festival.
Featuring DJ Ashley Gauthier
$5 Cover. 19+

Flamingo Nightclub
380 Elgin St.

Friday August 19th

7:00PM

Capital Pride Partnership Awards

Come meet our sponsors and leaders in the community as we honor our heroes and their achievements. Go to capitalpride.ca for details.
Free

ARC The Hotel
140 Slater St.

Saturday August 20th

9:00AM - 5:00PM

Health and Fitness Day

Are you looking to get fit, try a new sport or pass a fun-filled day? Then join us for our Health and Fitness Day, sponsored by the Public Service Pride and Capital Pride. Runs, bocce, softball, purse toss and other events. Free

Ottawa City Hall and Riverain Park
400 North River Rd.

7:00PM

Mr. & Miss Capital Pride Pageant

Who will be crowned Mr. and Miss Capital Pride 2011? Join us to select your drag representatives for the upcoming year. $10 advance. $15 at the door. 19+

The Lookout
41 York St.

Monday August 22nd

6:00AM - 9:30PM

Ottawa Police Service Pancake Breakfast

We invite you to the 4th annual event that has become a tradition to kick off the Capital Pride Festival. Come and celebrate 20 years of OPS GLBT Liaison Committee, and have leaders in the community and police services serve you pancakes and unfurl the pride flag at 9am. This event is being sponsored by our proud partner MBNA Canada Bank. Suggest donation.

Ottawa Police Station
474 Elgin St.

12:00PM - 2:00PM

Ottawa Paramedic Service BBQ and Flag Raising

The Ottawa Paramedic Service will be hosting the 3rd annual charity BBQ followed by the raising of the pride flag and tour of the Paramedic Head

▶ Squirt guns come in handy when you are trying to beat the heat at a Capital Pride Parade.

▶ A couple celebrates their recent nuptials.

▶ Ottawa gay fathers march at a recent Capital Pride Parade.

quarters. Suggested donation.
Ottawa Paramedic HQ
2465 Don Reid Dr.

4:00PM - 7:00PM
Official Flag Raising and Sponsor's Reception
Join Capital Pride and your community for the official pride flag raising. Sponsor's Reception to follow, hosted by Councillor Diane Holmes. Snack and refreshments to be served. Free
Ottawa City Hall
110 Laurier Ave.

Tuesday August 23rd

4:00PM - 7:00PM
Picnic In The Park
Free BBQ and picnic with games and activies for GLBTTQ families and their friends. Bring your swimming gear for the splash pool. Free
Hintonburg Community Centre
1064 Wellington St.

Thursday August 25th

7:00PM
Human Rights Vigil
Join us as we recognize the struggles of our brothers and sisters throughout the world for human rights and dignity to live our lives safely. Free
Human Rights Monument
Elgin St. & Lisgar St.

Friday August 26th

8:00PM
Queer Youth Prom
This ain't your high school's prom! PTS is teaming up with Capital Pride and Jer's Vision for an unforgettable night of decorations, dancing and dining at the 2011 Pride Prom. Get your most gorgeous outfit ready and come party in sophisticated style. Free
Ages 18-25
Falldown Gallery
288 Bank St.

Saturday August 27th

4:00PM
Alternative Stage
An evening of music and entertainment featuring The Cliks.
$5 entrance at gate
Ottawa City Hall
110 Laurier Ave.

9:00PM
Rainbow Party 12
Featuring DJ Shane Percy and DJ Relentess and stars from *1 Girl 5 Gays*, the hit show on MTV Canada. $15 at the door. 19+
Capital City Music Hall
128 York St.

Sunday August 28th

1:00PM
Capital Pride Parade
It all leads up to this–the 26th parade! Walk, run, strut or watch Ottawa's biggest, best and most colourful parade. Free
Garden of the Provinces
Wellington St. & Bay St.

2:00PM
Community Fair and Festival
An afternoon of information, celebration and entertainment with Disco Inferno in their return to the Capital Pride Festival. $5 Cover
Ottawa City Hall
110 Laurier Ave.

10:00PM
Official Closing Party
It's time to wrap it up with the Official Closing Party – listen to great music at one of Ottawa's favourite locations.
Free. 19+
The Lookout
41 York St.

For further information, please visit our website at www.capitalpride.ca

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Capital Pride events

The Capital Pride Festival runs until Aug. 28. The following is a partial listing of events.

Women in the City Pride Pool Night
Saturday at 8 p.m. at Maclaren's (301 Elgin St.). Admission is $12 and includes cost of pool for the night.

About Women in the City
Saturday at 8 p.m. at Maclaren's (301 Elgin St.). Women in the City is a social and networking group for women in the Ottawa LGBT community.

Capital Pride Youth: SHAG with Pride
Monday, Aug. 22, from 4-7 p.m. at 692 Somerset St. W. SHAG with Pride is open to youth between the ages of 16 and 24 years and is a free event.

Flamingo Pride Kickoff Party — Campus Co-ed
Thursday, Aug. 25, from 9 p.m. to 3 a.m. at Flamingo (380 Elgin St. at Gladstone), starring Cazwell in a live DJ performance.

Pride Underwear Ball — Flamingo's Revenge
Friday, Aug. 26, from 9 p.m. to 3 a.m. at Flamingo (380 Elgin St. at Gladstone). Barefoot Wine Champagne Cocktails $5.50 all night.

Chris Murray's fourth annual Pride T-Dance
Saturday, Aug. 27, from 2-9 p.m. at Flamingo (380 Elgin St. at Gladstone)

Alex Ryder CD Release
Saturday, Aug. 27, at 9 p.m at Greenfield's Pub (900 Greenbank Rd.).

The Bad Boy Party
Saturday, Aug. 27, from 10 p.m. to 3 a.m. at Flamingo (380 Elgin St. at Gladstone). Presented by Flamingo sTRUT! and Velvet Productions. Starring Mark Anthony (Montreal/Black & Blue) and Joe Juarez, and special live performance by Kapri.

Electric Breakfast
Sunday, Aug. 28, from 10 a.m. to 3 p.m. at Flamingo (380 Elgin St. at Gladstone). Special DJ set by Joe Juarez.

Pride Parade
Sunday, Aug. 28, beginning at 12:30 p.m. Starting point: Old Wellington at Wellington (across from the National Library and Archives of Canada). End point: Marion Dewar Plaza (Ottawa City Hall)

The Unofficial Pride Closing Party
Sunday, Aug. 28, from 5 p.m. to 3 a.m. at Flamingo (380 Elgin St. at Gladstone). With the House of Venus and "Xquisite" Part 1. Starring Miss Cotton, Mark Keneth Woods, DJ Betti Forde, Rose Garcia, and Whitney Mixer.

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– Chris Renwick, Episode 3

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Weekly Cookbook

In her book Live Raw: Raw Food Recipes For Good Health and Timeless Beauty (Thomas Allen & Son, 2011), Mimi Kirk reveals how living raw — eating a vegetarian, and ideally raw diet — can make you look and feel amazing.

Kirk provides advice on detoxifying, what you need to eat every day and why as well as more than 120 raw food recipes such as Zucchini Noodles and Peanut Sauce, Caramelized Onion Bread, Chocolate Caramel Bars and more.

Wrap it up

Looking to pack a lot of flavour into a dish? Combine savoury ingredients to make tapenade

When you need to jam a lot of flavour into a simple dish, reach for an umami bomb. That is, foods that are jammed with the fifth taste — savoury (to go along with bitter, sweet, salty and sour).

It's the reason tapenade — an olive, anchovy, garlic, caper, olive oil and thyme puree — is so great. It's salty, savoury and pungently delicious. Don't let the anchovies spook you. You'll never know they are there, but the flavour isn't the same without them.

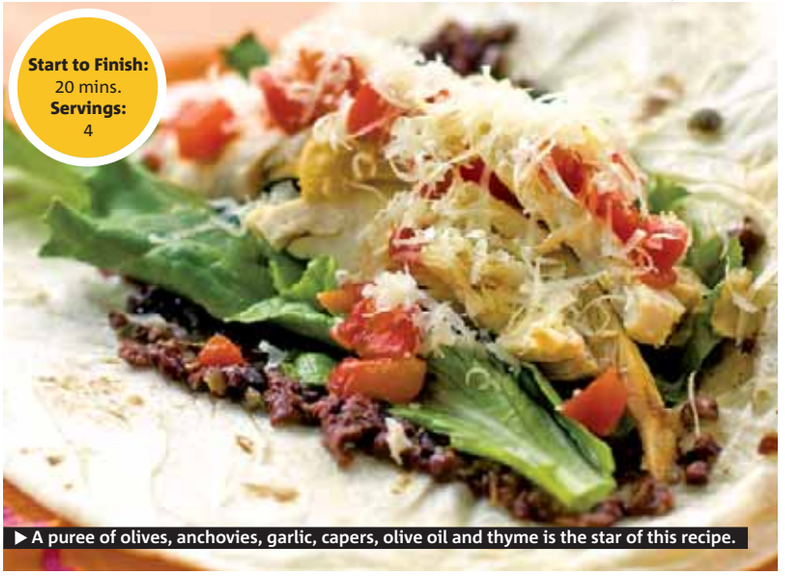
Roasted Chicken Tapenade Wraps

Preparation:

1. In a food processor, combine olives, anchovies, garlic, capers, olive oil, lemon zest and juice, thyme and red pepper flakes. Pulse until very finely chopped. Season with salt and pepper, then pulse again.
2. Spoon 15 to 30 ml (1 to 2 tbsp) of the tapenade over each tortilla. Top with several leaves of lettuce, a quarter each of the rotisserie chicken, red peppers and Parmesan. Wrap the sides of the tortilla up around the fillings. The Roasted Chicken with Tapenade wraps can be eaten as is or heated in a 180 C (350 F) oven.

THE ASSOCIATED PRESS

MATTHEW MEAD/ THE ASSOCIATED PRESS



▶ A puree of olives, anchovies, garlic, capers, olive oil and thyme is the star of this recipe.

Ingredients:

- 375 ml (1 1/2 cups) pitted kalamata olives
- 2 anchovies
- 3 cloves garlic
- 10 ml (2 tsp) capers
- 45 ml (3 tbsp) olive oil
- Zest and juice of 1/2 lemon
- 10 ml (2 tsp) chopped fresh thyme
- Pinch red pepper flakes
- Salt and ground black pepper, to taste
- 4 large flour tortillas
- Bibb or Boston lettuce leaves
- Meat from a 750-g (1 1/2-lb) rotisserie chicken
- 1 jar (340 ml/12 oz) roasted red peppers, drained, patted dry and chopped
- 125 ml (1/2 cup) grated Parmesan cheese

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SAVE $1.50
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4 DAYS ONLY Fri, Sat, Sun, Mon
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Mid-Autumn Festival Special
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SPECIAL INFORMATION FEATURE

Here for a good time ...
Not a long time

Unibroue's Éphémère tickles taste buds with every sip, but won't be available for long

JEFF O'REILLY
FOR METRO

In the realm of craft brewing Unibroue stands apart as it continues redefining the word unique with every new and completely different beer it releases. Respecting the centuries-old brewing techniques of the Trappist Monks of Europe, it also reaches back into Quebec's rich cultural history for inspiration and, in doing so, Unibroue finds itself becoming an even bigger part of it.

In 1992, Unibroue launched North America's first abbey beer, Blanche de Chambly — a beautiful, refermented white beer brewed in accordance to Belgian tradition — to critical acclaim across the globe. While its mainstream brands like La Bolduc and the U beers are exceptions to the rule, the majority of Unibroue's lineup uses the process of traditional bottle fermentation, which sees fresh live yeast and pure sugar added to the brews just before bottling.

This method creates a more pronounced spectrum of flavours, fuller carbonation and a distinct cloudy appearance.

Fermentation

The bottle fermentation process Unibroue uses is similar to how champagne is made. The only difference is that champagne makers remove the "lees," or dead yeast and particles, after fermentation to ensure clarity.

Trois Pistoles, Maudite, and Don De Dieu are brilliant examples of this, but it's Unibroue's complex masterpiece, La Fin Du Monde, that has impressively won more medals and awards than any other beer from Canada, including some of the brewing worlds' highest honours.

These trail-blazing visionaries seem to be on a bold quest to take your taste buds to places they have never been before, so I was definitely excited to try the new limited release Éphémère Cassis (5.5 per cent alcohol by volume).

Poured into a flute glass, the beer is a vermillion blush with pink hues and a light pink head that quickly dissipates. Intoxicating aromas of jammy berries, spicy yeasts and floral citrus hops are very inviting. With sweet and tart black currant and raspberry flavours over hints of lemon and tea, it is nicely balanced and the slightly fizzy mouth-feel and short finish make it more interesting with every sip.

JEFF O'REILLY/FOR METRO

▶ Jenny enjoys a delicious Éphémère Cassis — a refreshing summertime thirst quencher.

The word ephemeral refers to "things that last a short time." Éphémère Cassis can be found all over Quebec, however, in Ottawa it's available exclusively at D'Arcy McGee's — and in both cases only for a very limited time.

From farm to fork

Did you know that a 60-pound (27-kilogram) bushel of wheat, when ground into flour and baked, will yield 60 loaves of white bread and 90 loaves of brown whole wheat bread of the same size?

To get the white flour, the brown outer kernel and the part of the seed that germinates into a new wheat plant are removed.

The starchy but white elements remain. Not only is one-third of the wheat basically discarded for human food and fed to animals, but more than half the nutrients and most of the fibre go into cattle feed. What a waste — for those concerned about nutrition, food shortages, and the energy required to produce and transport food, a simple change in dietary habits by including mostly whole wheat products in family meals would make a huge difference.

To accommodate those who insist on white bread and other wheat-based products, farmers in the U.S. are growing a pure white variety that produces a whole wheat product for those who insist on "white."

MAURICE HLADIK IS THE AUTHOR OF THE FORTHCOMING BOOK, DEMYSTIFYING FOOD FROM FARM TO FORK

SAMANTHA EVERTS/FOR METRO

▶ The Margherita pizza at Tennessy Williams.

Pizza named desire at Tennessy Williams

Stepping into a restaurant that promises "wood-oven" baked pizza may not be the best way to beat the heat, but Hintonburg's newest culinary corner is drawing hungry crowds.

With toppings from local wild boar to duck confit, Tennessy Williams is offering hip locavores exactly what they want.

For appetizers, it offers a sustainably sourced mackerel plate with apple-beet slaw, bread and lemon crème fraiche to an artisan cheese board with in-house chutney. For the mains, the amazing fire-roasted tomato sauce gives rich flavour to the crispy thin-crust pizza, but you can also opt for pesto-based sauces. The Margherita pizza takes a hint from Italian mammas with fresh basil and slices of mild mozzarella.

The more adventurous could try the sweet/savoury Bianca pizza, which consists of pear, walnuts, smoked prosciutto with fiore di latte and gorgonzola cheese.

While it's easy enough to get a table for lunch, call ahead for a Friday night reservation as the small restaurant fills up quickly. Prices are higher than your regular pizza takeout, but worth it.

SAMANTHA EVERTS

Sample great blends from southern France

California and B.C. wines also featured at Vintages

SUSAN DESJARDINS
FOR METRO

Browse LCBO Vintages' Aug. 20 southern France feature for great blends of Syrah, Grenache and Mourvèdre (GSM), most less than $20. Sample a rich Chardonnay or fine Cabernet Sauvignon from the California feature or try B.C.'s approachable Sumac Ridge Cabernet Franc.

Cattail Creek Riesling 2009, Niagara
(LCBO #241547, $15.95)
▶ Fresh, fragrant and lively — think pear, apricot and citrus.

IF I HAD $100 ... TO SPEND AT VINTAGES

Joseph Cattin Pinot Blanc 2009, France
(LCBO #224642, $13.95)
▶ Just off-dry, supple, silky, loaded with orchard fruit, citrus and floral notes.

Domaine Sabarda Côtes du Roussillon 2009, France
(LCBO #237321, $16.95)
▶ Intense, dark berry fruit wrapped in a firm structure nuanced with spice and cedar.

Domaine de Bila-Haut Occultum Lapidem 2008, France
(LCBO #643239, $21.95)
▶ A balanced, lively medium-full-bodied blend with a focused fruity finish.

Sumac Ridge 'Black Sage Vineyard' Cabernet Franc 2008, B.C.
(LCBO #230102, $18.95)
▶ Soft and creamy, showcasing ripe berry fruit and a subtly toasty finish.

Grand Total: $87.75

FOR MORE, SEE SAVVYCOMPANY.CA.

Take Pride in your whiskey

SEASONAL SIPS

Gay Pride Week, Aug. 19-28:
You may cause a scandal at a Pride party if you show up with Sazerac 6-Year-Old Straight Rye Whiskey ($44.95 +205666), hailing from Kentucky.

"Straight" whiskey, in the U.S., denotes a whiskey that is at least 51 per cent of the grain named — in this case, rye, which makes a fiery, powerful whiskey. (Much smoother and milder, our own Canadian rye whisky is, in almost every case, not a straight whisky because the rye component is much smaller and is used more as a "seasoning"). Available at Vintages Saturday.

CKCU Folk Festival, Aug. 25-28:
Like Folkfest headliner, and former Men At Work frontman, Colin Hay, Stonier Pinot Noir ($24.95 +25338) comes from "a land Down Under."

Australia is not known for its Pinot, as the grape generally likes a cooler climate.

This one, however, comes from the very cool Mornington Peninsula, jutting out into the ocean on the southern Aussie coast (reminder: Southern hemisphere, so, south is cooler than north, mate!), where ocean breezes keep it cooler still.

Try it with a Vegemite sandwich!

Available at Vintages Saturday.

ALLYSON BYCRAFT IS CURRENTLY ON A VINOUS ADVENTURE AT BABCOCK WINERY IN CALIFORNIA. FOLLOW HER GOINGS-ON AT SCRATCHINGSFROM ACELLARRAT.BLOGSPOT.COM.

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4 sports

Sports in brief

Brian Kilrea's long tenure as the general manager of the Ottawa 67's is coming to an end.

The coaching legend said yesterday he will relinquish the GM role prior to the upcoming Ontario Hockey League season.

The 76-year-old, who stepped away from coaching duties with the 67's in 2009, plans to remain with the club as a scout.

THE CANADIAN PRESS

A glimpse of the future?

NHL tests possible rule changes using prospects for 2012 draft

There are 27 potential changes being looked at during the NHL's research and development camp and it's possible that not a single one will ever make its way into the league.

The same can't be said of the players who are serving as guinea pigs this week.

One of the most important aspects of the two-day event is the fact top prospects for the 2012 draft are the ones competing in scrimmages with the different rules. Even NHL executive Brendan Shanahan, who is in charge of the camp, harbours no illusions about why roughly half of the league's 30 general managers interrupted their summer vacation to attend.

"The truth is that we coax a lot of them here with the 36 best 17-year-olds in North America," Shanahan said yesterday. "It's sort of once we get them under the roof, as they're scouting these kids, they get trapped into a conversation about hockey and the future of the game."

The NHL makes no secret about the fact that virtually none of the tweaks or changes being looked at will be officially adopted. Even if a rule garners interest here, it would likely be at least a year before it could be added to the rulebook because it would require approval from the general managers, competition committee and board of governors.

If anything, the research and development camp is more about identifying trends and gathering data that could be useful well down the road.

"This gives us an opportunity to try new things, look at things, even if we never implement them," said NHL commissioner Gary Bettman. "It really gives us a chance to take a deep breath — not during the season, when everybody's worrying about the game they have to play — and make sure that we are comfortable with where we are."

THE CANADIAN PRESS

The ideas

Some of the concepts being tested include:

- **Overtime:** Seven minutes of overtime instead of five with both 3-on-3 and 4-on-4 scenarios tested. Three minutes of 3-on-3 play to follow four minutes of scoreless 4-on-4 action.
- **Shootouts:** Five players from each team will shoot and if the score remains tied, the same players can take another crack in a sudden-death format.
- **Bear hug:** Players will be permitted to wrap their opponent up when taking him into the boards without being called for a holding penalty.

TORSTAR NEWS SERVICE

AMY DEMPSEY/TORSTAR NEWS SERVICE

▶ Prospects help test new faceoff rules yesterday in Toronto. Rules include: The same linesman drops the puck for all faceoffs and all faceoffs take place only in a faceoff circle.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	74	46	.617	—
Boston	74	48	.607	1
Tampa Bay	66	56	.541	9
Toronto	62	60	.508	13
Baltimore	47	74	.388	27½

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	65	57	.533	—
Cleveland	60	58	.508	3
Chicago	61	60	.504	3½
Minnesota	53	68	.438	11½
Kansas City	50	73	.407	15½

WEST DIVISION

	W	L	Pct	GB
Texas	71	52	.577	—
Los Angeles	65	58	.528	6
Oakland	55	68	.447	16
Seattle	53	68	.438	17

Yesterday's results
Oakland 6 Baltimore 5
Tampa Bay 4 Boston 0
Minnesota at Detroit
Cleveland at Chicago White Sox
N.Y. Yankees at Kansas City
Texas at L.A. Angels
Toronto at Seattle
Tuesday's results
Toronto 13 Seattle 7
Boston 3-2 Tampa Bay 1-6
Chicago White Sox 8 Cleveland 7 (14 innings)
Detroit 7 Minnesota 1
N.Y. Yankees 9 Kansas City 7
Oakland 8 Baltimore 4
Texas 7 L.A. Angels 3
Tonight's Games
All Times Eastern
Boston (Beckett 9-5) at Kansas City (Hochevar 8-9), 8:10 p.m.
Cleveland (Masterson 9-7) at Chicago White Sox (Humber 8-8), 8:10 p.m.
N.Y. Yankees (Sabathia 16-7) at Minnesota (Duensing 8-11), 8:10 p.m.
Toronto (R.Romero 11-9) at Oakland (Cahill 9-11), 10:05 p.m.
Texas (C.Lewis 11-8) at L.A. Angels (Weaver 14-6), 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	79	42	.653	—
Atlanta	72	51	.585	8
New York	60	63	.488	20
Washington	58	63	.479	21
Florida	57	65	.467	22½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	72	51	.585	—
St. Louis	66	58	.532	6½
Cincinnati	60	63	.488	12
Pittsburgh	58	64	.475	13½
Chicago	54	70	.435	18½
Houston	40	84	.323	32½

WEST DIVISION

	W	L	Pct	GB
Arizona	69	54	.561	—
San Francisco	66	57	.537	3
Colorado	57	67	.460	12½
Los Angeles	55	66	.455	13
San Diego	55	70	.440	15

Yesterday's results
Cincinnati 2 Washington 1
Houston 4 Chicago Cubs 3
N.Y. Mets 7 San Diego 3
Philadelphia 9 Arizona 2
St. Louis 7 Pittsburgh 2
San Francisco at Atlanta
L.A. Dodgers at Milwaukee
Florida at Colorado
Tuesday's results
Arizona 3 Philadelphia 2
Atlanta 2 San Francisco 1 (11 innings)
Florida 6 Colorado 5
Houston 6 Chicago Cubs 5
Milwaukee 2 L.A. Dodgers 1
Pittsburgh 5 St. Louis 4 (11 innings)
San Diego 6 N.Y. Mets 1
Washington 6 Cincinnati 4
Today's games
All Times Eastern
L.A. Dodgers (Kershaw 14-5) at Milwaukee (Estrada 3-7), 2:10 p.m.
Arizona (I.Kennedy 15-3) at Philadelphia (Worley 8-1), 7:05 p.m.
Cincinnati (Arroyo 7-9) at Washington (Zimmermann 7-10), 7:05 p.m.
San Francisco (Lincecum 11-9) at Atlanta (Minor 2-2), 7:10 p.m.
Florida (Vazquez 7-10) at San Diego (Stauffer 7-9), 10:05 p.m.

RAYS 4, RED SOX 0

Tampa Bay	ab	r	h	bi	Boston	ab	r	h	bi
Jnnngs lf	4	0	0	0	Ellsury cf	3	0	1	0
Damon dh	5	1	2	0	Pedroia 2b	3	0	1	0
Longori 3b	3	1	1	1	AdGnzl dh	3	0	0	0
Zobrist 2b	4	0	2	2	Youkils 1b	4	0	1	0
Ktchm 1b	3	0	0	0	Lowrie 3b	4	0	0	0
BUpton cf	4	1	2	1	DMcDn rf	2	0	0	0
Joyce rf	4	0	0	0	Reddck ph	1	0	0	0
Brignc ss	4	0	0	0	Crwfrd lf	3	0	0	0
Shppch c	2	1	0	0	Sltlmch c	3	0	0	0
Aviles ss	3	0	0	0					
Totals	**33**	**4**	**7**	**4**	**Totals**	**29**	**0**	**3**	**0**

Tampa Bay	**100**	**110**	**100 — 4**
Boston	**000**	**000**	**000 — 0**

E—D.McDonald (2). DP—Tampa Bay 1. LOB—Tampa Bay 8, Boston 6. 2B—Damon (21), Zobrist 2 (40), B.Upton (16). 3B—Ellsbury (3). HR—Longoria (19), B.Upton (17). SB—Ellsbury (32). S—Jennings.

Tampa Bay	IP	H	R	ER	BB	SO
Price W,11-10	8	3	0	0	3	6
Farnsworth	1	0	0	0	0	0
Boston						
Lackey L,11-9	6 2-3	6	4	3	3	7
Aceves	1 1-3	1	0	0	0	3
Wheeler	1	0	0	0	0	0

HBP—by Price (D.McDonald), by Lackey (Shoppach, Shoppach). WP—Lackey.
T—3:00. A—37,747 (37,065) at Boston.

LATE TUESDAY

BLUE JAYS 13, MARINERS 7

Toronto	ab	r	h	bi	Seattle	ab	r	h	bi
YEscor ss	5	0	1	0	ISuzuki rf	5	0	0	0
JMcDnl ph-ss	1	0	1	0	FGtrrz cf	5	0	0	0
EThms lf	6	2	2	0	Ackley 2b	3	1	1	0
Bautist rf	2	3	2	2	Carp 1b	4	2	2	0
McCoy ph-rf	1	0	0	0	C.Wells dh	5	1	1	2
Lind 1b	5	1	1	0	Olivo c	2	2	1	1
Encrnc dh	2	3	1	0	J.Bard c	2	0	1	0
Rasms cf	4	1	1	4	Roinsn lf	5	1	2	2
Lawrie 3b	4	2	3	1	Seager 3b	3	0	2	2
A.Hill 2b	4	1	2	4	JaWlsn ss	4	0	1	0
Arencii c	5	0	1	1					
Totals	**39**	**13**	**15**	**12**	**Totals**	**38**	**7**	**11**	**7**

Toronto	**600**	**043**	**000—13**
Seattle	**033**	**010**	**000 — 7**

E—E.Thames (2). DP—Seattle 1. LOB—Toronto 8, Seattle 10. 2B—Encarnacion (30), Rasmus (6), Robinson (4). HR—Bautista (35), A.Hill (6), C.Wells (9), Olivo (15). SF—Rasmus, A.Hill.

Toronto	IP	H	R	ER	BB	SO
Mills	3	6	6	6	3	3
L.Perez W,2-2	4	3	1	1	2	3
Camp	2	2	0	0	0	4
Seattle						
Vargas L,7-11	4	7	8	8	4	2
Wilhelmsen	2-3	1	2	2	2	0
Laffey	1 1-3	4	3	3	1	0
Lueke	3	3	0	0	0	0

Vargas pitched to 2 batters in the 5th. HBP—by L.Perez (Seager). WP—Wilhelmsen 2, Lueke.
T—3:18. A—23,089 (47,878) at Seattle.

CFL

WEEK EIGHT

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	7	6	1	0	182	130	12
Montreal	7	5	2	0	222	156	10
Hamilton	7	4	3	0	189	176	8
Toronto	7	1	6	0	160	215	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	7	5	2	0	194	172	10
Edmonton	7	5	2	0	173	154	10
B.C.	7	1	6	0	167	202	2
Saskatchewan	7	1	6	0	147	229	2

Byes: Calgary, Hamilton, Montreal, Winnipeg
Tonight's game
All Times Eastern
Saskatchewan at Toronto, 7:30 p.m.
Tomorrow's game
B.C. at Edmonton, 9 p.m.

NFL

PRE-SEASON

Tonight's games — All Times Eastern
New England at Tampa Bay, 7:30 p.m.
Philadelphia at Pittsburgh, 8 p.m.
Tomorrow's games
Washington at Indianapolis, 7 p.m.
Carolina at Miami, 7:30 p.m.
Detroit at Cleveland, 7:30 p.m.
Kansas City at Baltimore, 7:30 p.m.
Arizona at Green Bay, 8 p.m.
Atlanta at Jacksonville, 8 p.m.
Saturday's games
Oakland at San Francisco, 8 p.m.
Tennessee at St. Louis, 8 p.m.
New Orleans at Houston, 8 p.m.
Buffalo at Denver, 8:30 p.m.
Minnesota at Seattle, 10 p.m.
Sunday's games
Cincinnati at N.Y. Jets, 7 p.m.
San Diego at Dallas, 8 p.m.
Monday's game
Chicago at N.Y. Giants, 8 p.m.

LACROSSE

MINTO CUP

CANADIAN JUNIOR CHAMPIONSHIP

At Okotoks, Alta.
Saturday's games — All Times Eastern
Coquitlam vs. Edmonton, 6:45 p.m.
Whitby vs. Okotoks, 10 p.m.
Sunday's games
Coquitlam vs. Whitby, 7 p.m.
Edmonton vs. Okotoks, 10 p.m.
Tuesday, Aug. 23
Whitby vs. Edmonton, 7 p.m.
Okotoks vs. Coquitlam, 10 p.m.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	24	10	7	7	27	23	37
Philadelphia	23	8	5	10	29	22	34
Houston	24	7	7	10	30	29	31
New York	25	6	6	13	39	35	31
D.C. United	22	7	6	9	33	33	30
Kansas City	23	7	7	9	32	30	30
Toronto	26	4	11	11	25	46	23
New England	24	4	11	9	23	36	21
Chicago	23	2	7	14	25	32	20

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	25	12	6	7	33	26	43
Seattle	25	11	5	9	35	27	42
Colorado	26	10	6	10	37	32	40
Real Salt Lake	22	10	6	6	30	17	36
Chivas USA	24	7	8	9	30	26	30
Portland	23	7	11	5	29	37	26
San Jose	24	5	9	10	26	32	25
Vancouver	24	3	12	9	25	40	18

Last night's results
Houston at New England
Portland at Kansas City
Tonight's game
All Times Eastern
D.C. United at Chicago, 9 p.m.
Saturday's games
Philadelphia at Columbus, 7:30 p.m.
New York at New England, 7:30 p.m.
Real Salt Lake at Houston, 8:30 p.m.
Chivas USA at Colorado, 9 p.m.
Seattle at Dallas, 9 p.m.
Vancouver at Portland, 10 p.m.
San Jose at Los Angeles, 10:30 p.m.
Sunday's games
Toronto at Chicago, 7 p.m.
D.C. United at Kansas City, 8:30 p.m.

NASL

	GP	W	L	T	GF	GA	Pt
x-Carolina	20	14	4	2	40	18	44
Puerto Rico	21	11	5	5	32	25	38
Tampa Bay	21	8	6	7	33	29	31
Minnesota	20	7	6	7	22	20	28
Fort Lauderdale	21	6	5	10	30	28	28
Edmonton	21	7	9	5	23	30	26
Montreal	21	4	10	7	23	25	19
Atlanta	21	3	15	3	19	47	12

x — clinched playoff berth.
Last night's result
Minnesota at Carolina
Saturday's games
All Times Eastern
Minnesota at Montreal, 2:30 p.m.
Fort Lauderdale at Carolina, 7 p.m.
Puerto Rico Islanders at Tampa Bay, 7 p.m.
Sunday's game
Atlanta at Edmonton, 9:30 p.m.

UNDER-20 WORLD CUP

Last night's results
Semifinals
At Medellin, Colombia
Portugal 2 France 0
At Pereira, Colombia
Mexico vs. Brazil
Saturday's games
At Bogota, Colombia
All Times Eastern
Third Place
France vs. Mexico/Brazil loser, 6 p.m.
Championship
Portugal vs. Mexico/Brazil winner, 9 p.m.

UEFA CHAMPIONS LEAGUE

PLAYOFFS

FIRST LEG
(home teams listed first)
Yesterday's results
Bayern Munich (Germany) 2 Zurich (Switzerland) 0
Dinamo Zagreb (Croatia) 4 Malmo (Sweden) 1
Maccabi Haifa (Israel) 2 Genk (Belgium) 1
Odense (Denmark) 1 Villarreal (Spain) 0
Wisla Krakow (Poland) 1 APOEL (Cyprus) 0
Tuesday's results
Arsenal (England) 1 Udinese (Italy) 0
BATE Borisov (Belarus) 1 Sturm Graz (Austria) 1
Copenhagen (Denmark) 1 Viktoria Plzen (Czech Republic) 3
Lyon (France) 3 Rubin Kazan (Russia) 1
Twente (Netherlands) 2 Benfica (Portugal) 2

CONCACAF CHAMPIONS LEAGUE

SECOND ROUND

GROUP STAGE
Last night's results
Colorado Rapids (U.S.) vs. Isidro Metapan (El Salvador)
Pumas UNAM (Mexico) vs. FC Dallas (U.S.)
Herediano (Costa Rica) vs. Monterrey (Mexico)
Tuesday's results
Alajeulense (Costa Rica) 1 Morelia (Mexico) 0
L.A. Galaxy (U.S.) 2 Motogua (Honduras) 0
Santos Laguna (Mexico) 3 Real Espana (Honduras) 2
Seattle Sounders (U.S.) 4 Comunicaciones (Guatemala) 1
Tonight's game
All Times Eastern
Tauro (Panama) vs. Toronto FC (Canada), 8 p.m.

TENNIS

ATP-WTA WESTERN & SOUTHERN OPEN

At Mason, Ohio
Men
Singles — Second Round
Rafael Nadal (2), Spain, def. Julien Benneteau, France, 6-4, 7-5.
Andy Murray (4), Britain, def. David Nalbandian, Argentina, 6-4, 6-1.
David Ferrer (5), Spain, def. Grigor Dimitrov, Bulgaria, 4-6, 6-1, 7-5.
Gael Monfils (6), France, def. Ivan Dodig, Croatia, 4-6, 6-3, 4-0 (retired).
Mardy Fish (7), U.S., def. Nikolay Davydenko, Russia, 6-0, 6-2.
Nicolas Almagro (9), Spain, def. Ivo Karlovic, Croatia, 6-3, 5-7, 7-6 (2).
Richard Gasquet (14), France, def. Kevin Anderson, South Africa, 7-6 (4), 6-4.
Alex Bogomolov, Jr., U.S., def. Jo-Wilfried Tsonga (15), France, 6-3, 6-4.
Philipp Kohlschreiber, Germany, def. Feliciano Lopez, Spain, 6-1, 6-4.
Radek Stepanek, Czech Republic, def. Andrey Golubev, Kazakhstan, 6-3, 7-6 (2).
Fernando Verdasco, Spain, def. Michael Llodra, France, 6-4, 6-4.
Women
Singles — Second Round
Christina McHale, U.S., def. Caroline Wozniacki (1), Denmark, 6-4, 7-5.
Vera Zvonareva (2), Russia, def. Ekaterina Makarova, Russia, 6-3, 6-0.
Sam Stosur (10), Australia, def. Serena Williams, U.S. (walkover).
Jelena Jankovic (13), Serbia, def. Zheng Jie, China, 4-6, 6-3, 6-1.
Svetlana Kuznetsova (14), Russia, def. Petra Cetkovska, Czech Republic, 4-6, 6-3, 6-4.
Nadia Petrova, Russia, def. Ana Ivanovic (15), Serbia, 6-3, 7-6 (4).
Peng Shuai (16), China, def. Sara Errani, Italy, 6-2, 6-4.

TRANSACTIONS

MLB

AMERICAN LEAGUE

SEATTLE—Acquired RHP Chance Ruffin from Detroit to complete an earlier trade. Designated LHP Aaron Laffey for assignment. Signed RHP Victor Sanchez and OF Jose Leal.

NATIONAL LEAGUE

CHICAGO CUBS—Recalled RHP Casey Coleman from Iowa (PCL). Optioned LHP Scott Maine to Iowa.
COLORADO—Acquired LHP Drew Pomeranz from Cleveland to complete an earlier trade and assigned him to Tulsa (Texas).
PHILADELPHIA—Placed 3B Placido Polanco on the 15-day DL, retroactive to Aug. 7. Selected the contract of RHP Michael Schwimer from Lehigh Valley (IL).

CFL

WINNIPEG—Signed FB Michel-Pierre Pontbriand to the practice roster.

NFL

LEAGUE OFFICE—Fined Detroit DE Ndamukong Suh $20,000 for a hit on Cincinnati QB Andy Dalton in an Aug 12 game.
DETROIT—Waived/injured S Randy Phillips. Signed S Aaron Francisco. Released OL Jeff Maddux and CB Maurice Leggett from injured reserve.
N.Y. JETS—Agreed to terms with LB Aaron Maybin. Waived WR Cordarol Scales and CB Richard Taylor.
PITTSBURGH—Signed DB Kevin Dockery and DB Macho Harris. Placed WR Limas Sweed on the waived/injured list. Waived TE Eugene Bright.
SAN FRANCISCO—Signed QB Josh McCown to a one-year contract.

NBA

SAN ANTONIO—Named Matt Herring director of athletic performance.

NHL

PHOENIX—Signed a one-year affiliation agreement with the Gwinnett (ECHL).

AHL

PROVIDENCE—Signed F Calle Ridderwall.
SPRINGFIELD—Signed G Paul Dainton and C Chris D'Alvise to one-year contracts.

MLS

LOS ANGELES—Traded F Juan Pablo Angel to Chivas USA for a 2012 third-round pick draft in the Supplemental Draft.

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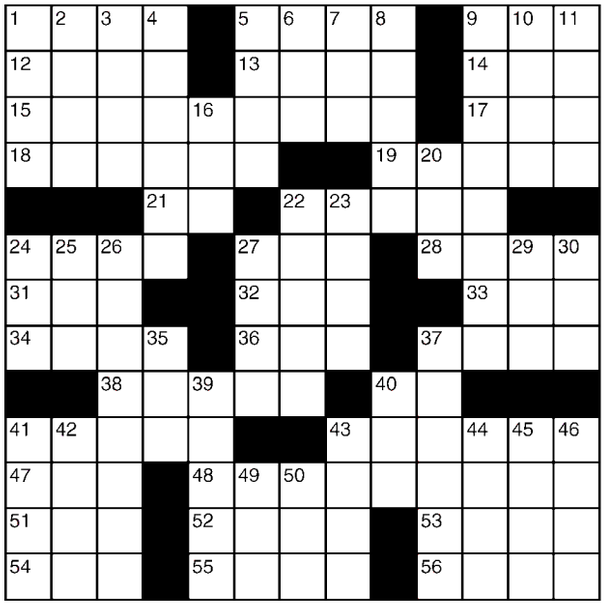
Crossword



Across

1 Lose it
5 Bit of derring-do
9 Wager
12 Top-notch
13 Jason's ship
14 "Go, team!"
15 Fictional girl detective
17 Work with
18 Plumed military hats
19 Host
21 Type measure
22 Donny's sister
24 Brazen
27 Highland hat
28 Skirt feature, maybe
31 Shock and —
32 Catcher's place?
33 A billion years
34 Accomplishment
36 Dawn goddess
37 Penny
38 Marine from Mayberry
40 "Little Women" woman
41 Less improved
43 Mountain range
47 A Gershwin
48 Super Bowl XLIV MVP
51 Chaps
52 Tittle
53 Money
54 Cauldron
55 Vacationing
56 Art Deco pioneer

Down

1 Without
2 Ark captain
3 Faris or Paquin
4 Ate like a bird
5 Crazes
6 Blunder
7 Time of your life?
8 Pisa landmark
9 Martial-arts film star
10 Facility
11 Quaker's pronoun
16 Thither
20 Wrong (Pref.)
22 City head
23 Iowa city
24 Awful
25 Have debts
26 "Shampoo" Oscar winner
27 Genealogy chart
29 Charged bit
30 Stick with a kick
35 Two, in Tijuana
37 Strong-arm
39 TV, radio, etc.
40 Triangular sail
41 Weakling
42 Black-and-white cookie
43 Convince
44 Back
45 Leftovers
46 Arthur of tennis
49 Tier
50 Greek vowel

▶ Yesterday's answer

A	R	E	A	■	E	T	C	■	C	H	O	W
G	A	V	E	■	L	E	I	■	L	A	K	E
O	V	E	R	H	A	N	G	■	E	N	I	D
G	E	N	I	U	S	■	A	D	A	G	E	S
■	■	■	E	S	T	■	R	E	N	O	■	■
A	M	P	■	H	I	M	■	B	E	V	E	L
L	O	A	M	■	C	A	D	■	D	E	M	O
B	A	S	I	L	■	P	E	P	■	R	U	B
■	■	■	S	N	A	P	■	P	O	L	■	■	■	■
A	V	O	U	C	H	■	R	O	A	D	I	E
H	I	V	E	■	O	V	E	R	P	A	S	S
O	V	E	N	■	T	I	S	■	S	N	I	P
Y	A	R	D	■	O	P	S	■	E	A	S	Y

Sudoku

4				6		2		
5					2	3		6
			3			9		
		8	7		1	6		2
7		4	6		9	5		
		2			4			
1		3	8					5
		6		7				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

1	7	8	3	6	9	5	4	2
3	2	5	8	4	7	9	6	1
9	4	6	2	1	5	3	8	7
7	5	4	1	9	3	8	2	6
6	8	3	5	2	4	1	7	9
2	1	9	7	8	6	4	3	5
8	3	1	9	7	2	6	5	4
4	9	2	6	5	8	7	1	3
5	6	7	4	3	1	2	9	8

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Lusquiggles, you are the most amazing person on earth. I love your smiles and your hugs and kisses, even though we haven't seen each other for two months and we were 5339.385 kilometres apart. Sending kisses 30,000 feet in the air for a safe flight home to me. xox **NOVIA**

Boo Behr, Since the first night, when I kissed u surprisently under the big red ball, I knew u were, "who" our creator sent 2 me,I'll love you always and forever my big behr xoxo luv ur wife 4 life **THE KAT**

Dear Rez, Happy 3rd wedding anniversary. We are yet to go on our honeymoon. But know: everyday with you is like a honeymoon. You make me complete. u're everything a girl wants in a man and more. Love you with all my heart. **YOUR OTHER HALF**

Today 28°/17° Thundershowers 40%
Friday 27°/17° Sunny
The Weather Network: You have voted us #1 for best forecasts on TV. Thank you Canada!
TWN incorporates MSC data

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 By all means, disagree with someone whose authority you don't respect.

♉ Taurus April 21-May 21 You may be willing to change your plans to fit in with someone else's schedule but don't think you must.

♊ Gemini May 22-June 21 You may be annoyed that a pal didn't consult you before changing his or her plans, but don't let it show.

♋ Cancer June 22-July 22 You have a long road ahead of you, so don't take on any more responsibilities. Stop wasting your energy.

♌ Leo July 23-Aug.23 Even routine matters are likely to change today, so don't plan too far ahead.

♍ Virgo Aug. 24- Sept. 22 You're about to discover that your sympathy for someone you thought was in trouble was entirely misplaced.

♎ Libra Sept. 23-Oct. 23 You have a tendency to fear the worst. The planets indicate that nothing hurtful is going to happen.

♏ Scorpio Oct. 24-Nov. 22 Someone you meet today will inspire you and you will go out of your way to copy their success.

♐ Sagittarius Nov. 23-Dec. 21 What someone tells you today might sound like good advice but read between the lines.

♑ Capricorn Dec. 22-Jan. 20 Disruptions are likely and you'll get angry with people who change their plans at the last moment.

♒ Aquarius Jan. 21-Feb. 18 Do you push ahead with something that is right for you but wrong for others? Listen to your conscience.

♓ Pisces Feb. 19-March 20. Help those in trouble but resist the urge to lecture. **SALLY BROMPTON**

Caption contest

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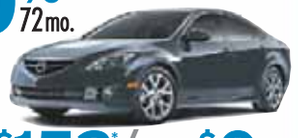

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